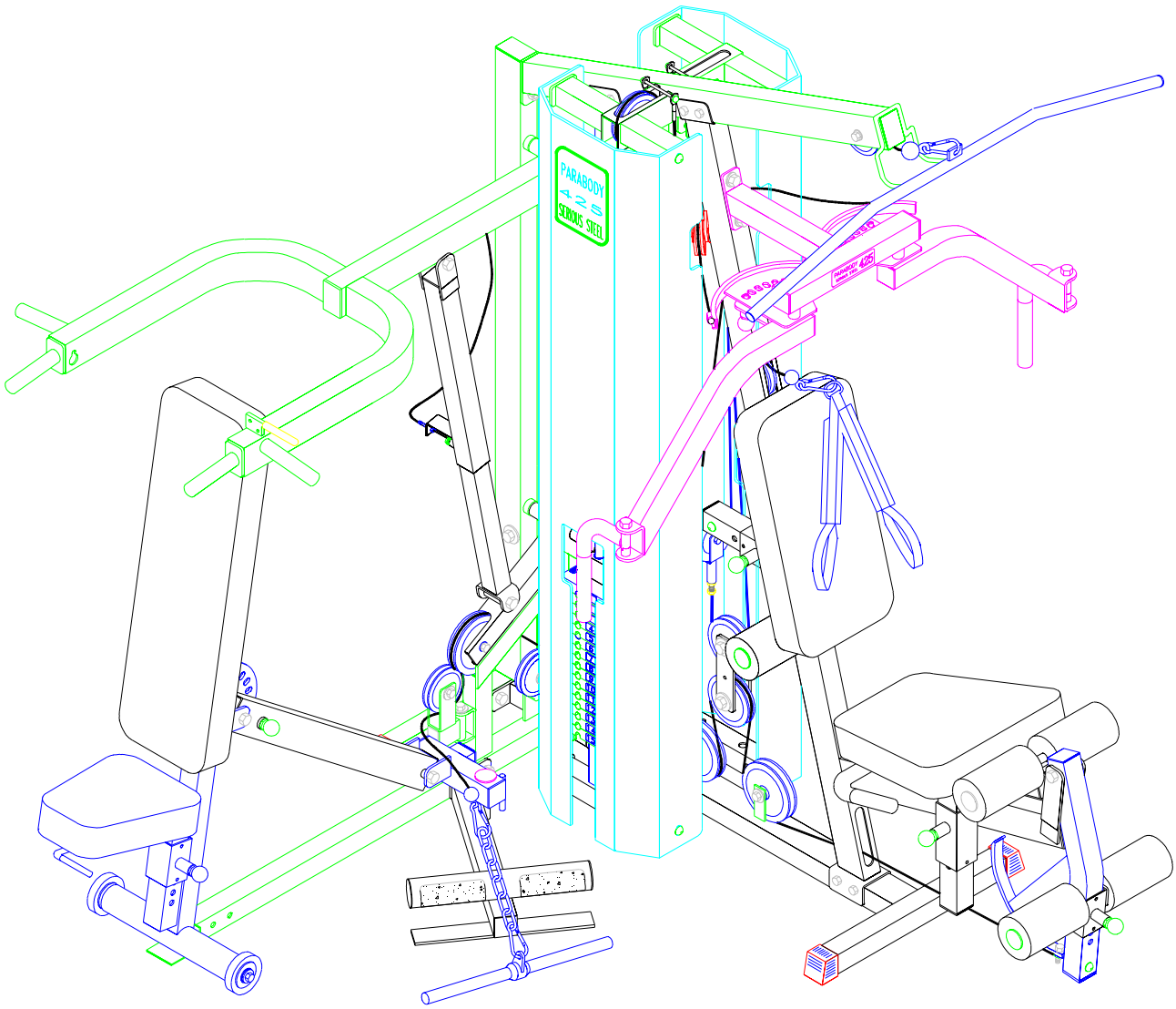
PARABODY

Serious Steel

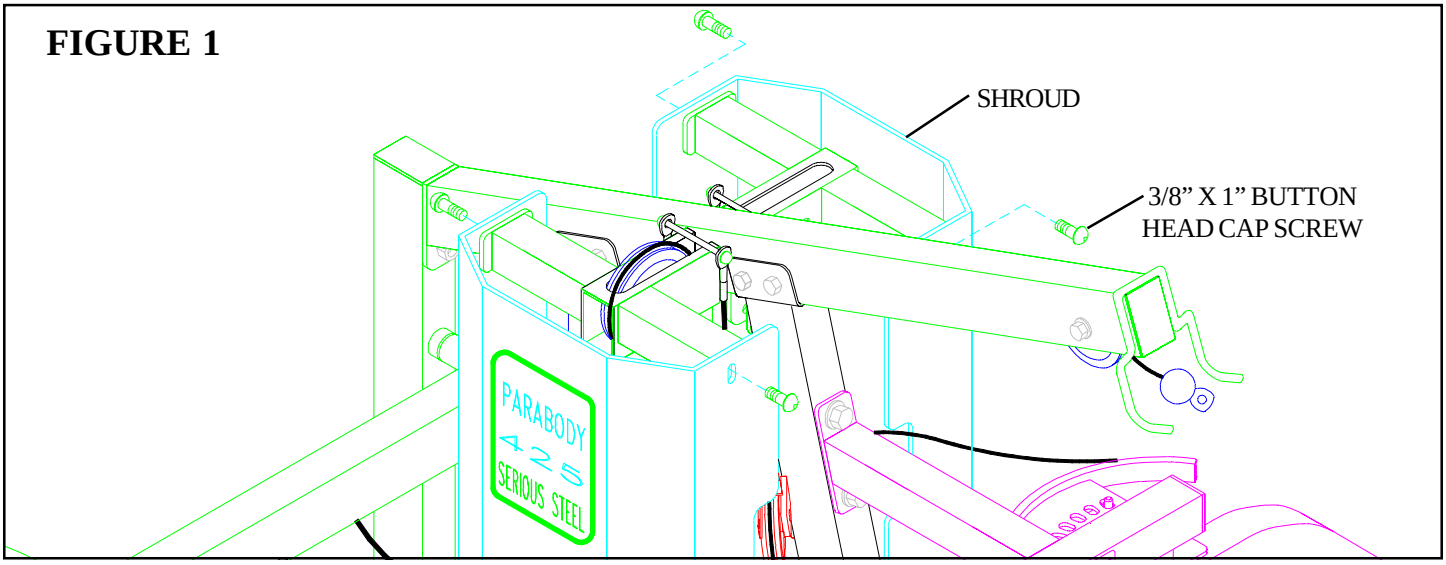
426103 ELASTIC CORD CONVERSION KIT



PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	3102903	3/8 X 2-1/2" BOLT	2		6	3102501	3/8" WASHER	4
2	6122702	3/8 X 1/2" SPACER	4		7	3102802	3/8" LOCK NUT	7
3	3201501	SWIVEL SNAP	4		8	3102701	3/8" HEX NUT	8
4	6271801	22" ELASTIC CORD	4		9	6535001	3/8" THREADED SHAFT	3
5	3118701	2" PULLEY	4		10	3102909	3/8" X 1" BOLT	1

FIGURE 1



STEP 1

- Remove the top of the front SHROUD & rear SHROUD by removing the four 3/8" X 1" BUTTON HEAD CAP SCREWS. See FIGURE 1.

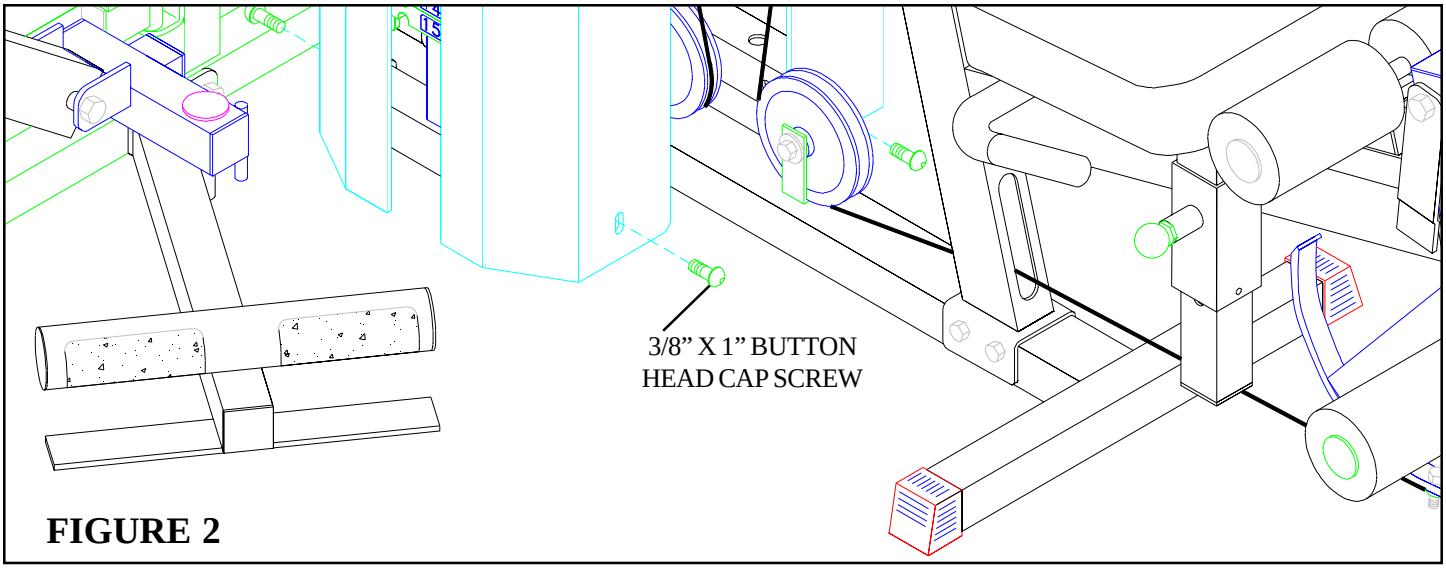


FIGURE 2

STEP 2

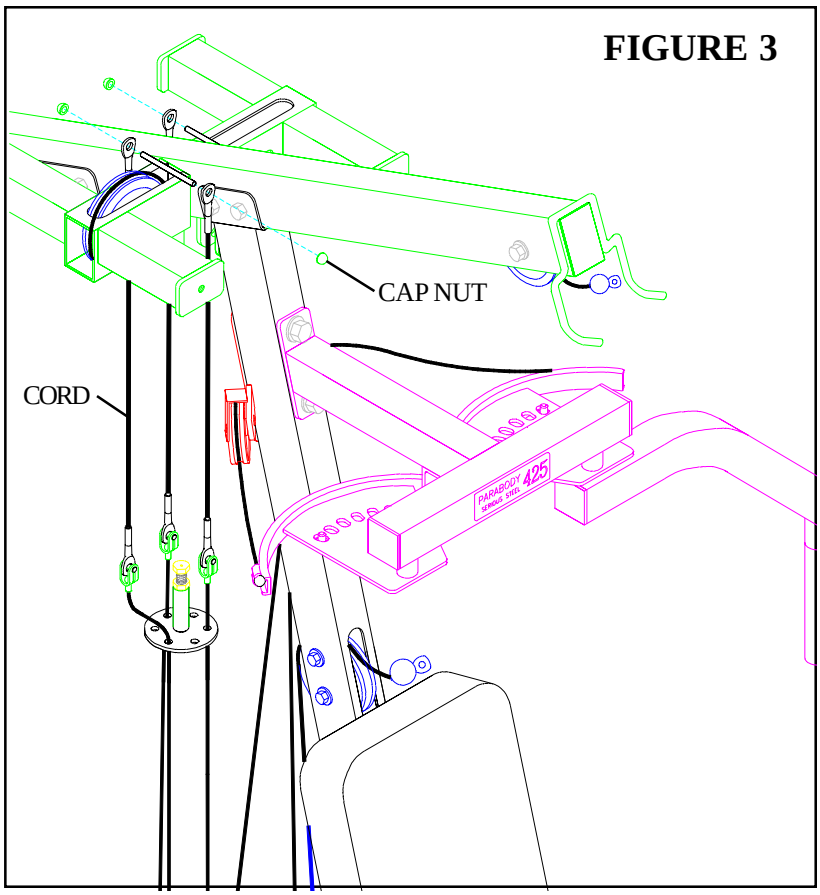
- Remove the bottom of the front SHROUD & rear SHROUD by removing the four 3/8" X 1" BUTTON HEAD CAP SCREWS. See FIGURE 2

!IMPORTANT!

- IF THE 832 LEG PRESS OPTION IS INSTALLED PROCEED TO PAGE 14.
- IF THE 445 WEIGHT STACK OPTION IS INSTALLED PROCEED TO PAGE 27.
- IF THE 832 LEG PRESS OPTION & 445 WEIGHT STACK OPTION ARE INSTALLED PROCEED TO PAGE 35.
- IF NO OPTIONS ARE INSTALLED CONTINUE TO PAGE 3.

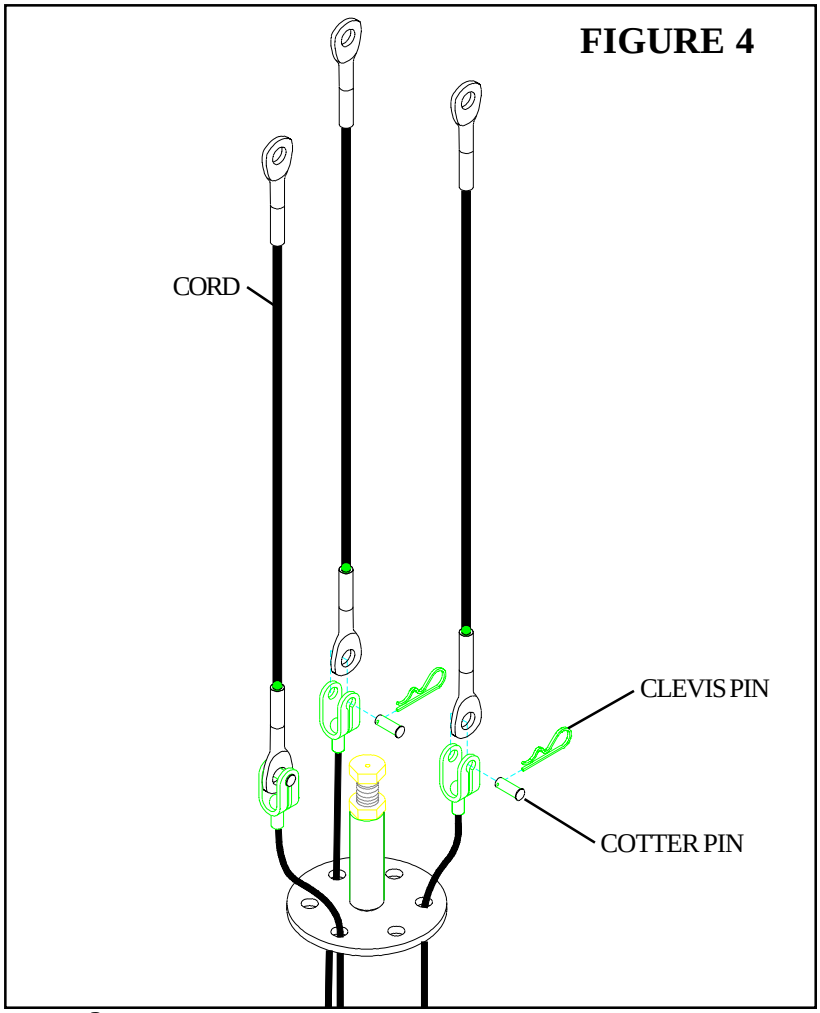
STEP 3

- Remove the three 1/4” CAP NUTS and each TENSION CORD from the TOP BOOM as shown in FIGURE 3.



STEP 4

- Remove the three TENSION CORDS from the D-RING by removing the three KEYHOLE CLEVIS, CLEVIS PINS, and COTTER PINS as shown in 4.



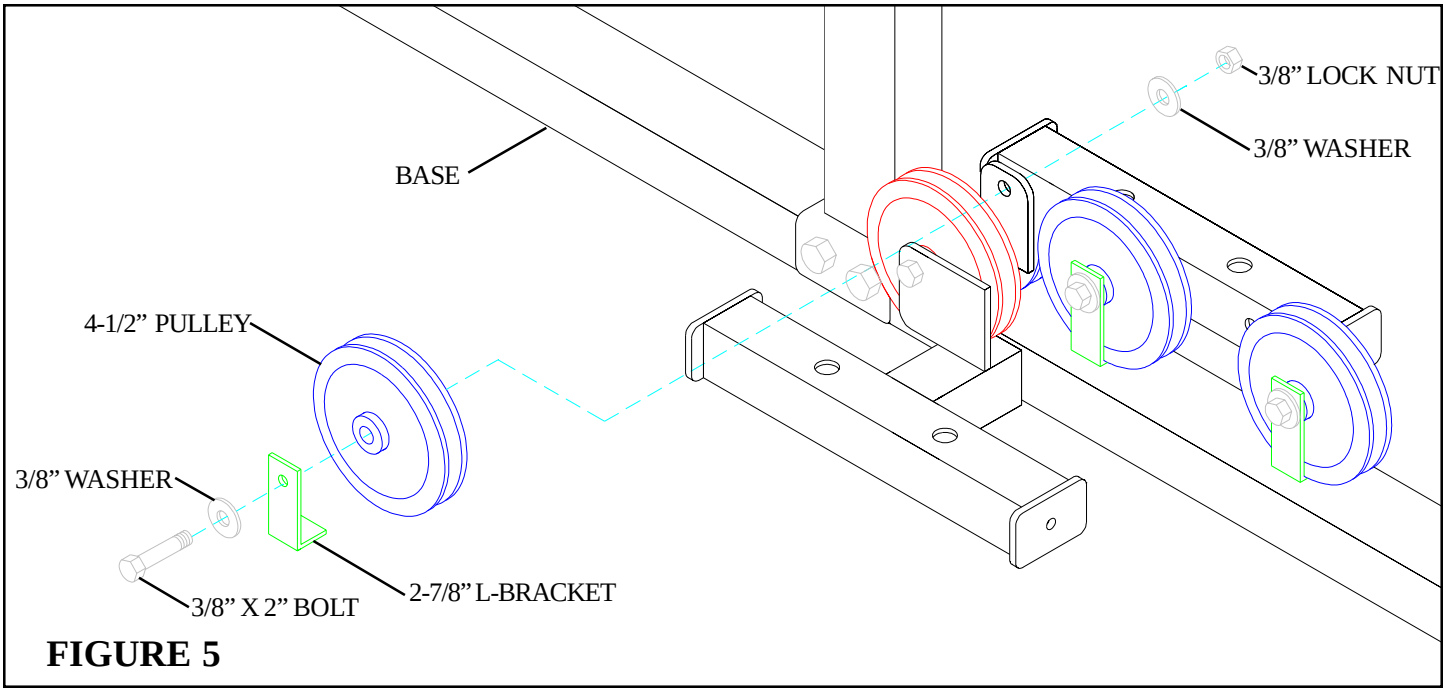


FIGURE 5

STEP 5

- Remove the 3/8 X 2” BOLT, two 3/8” WASHERS, one 2-7/8” L-BRACKETS, one 4-1/2” PULLEY, and one 3/8” LOCK NUT from the upper flat on the BASE as shown in FIGURE 5.

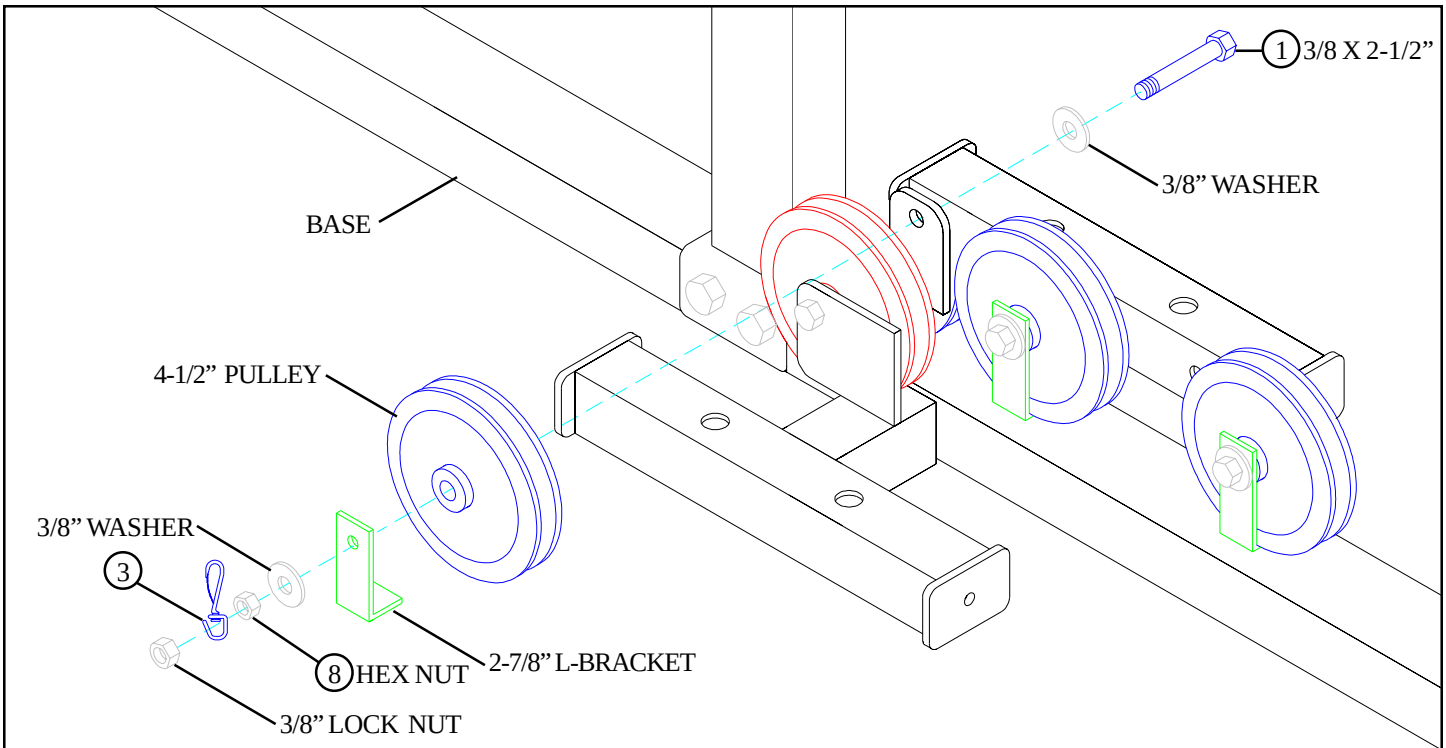


FIGURE 6

STEP 6

- **SECURELY** assemble the previously removed 4-1/2” PULLEY to the BASE using one 3/8 X 2-1/2” BOLT (1), two previously removed 3/8” WASHERS, one previously removed 2-7/8” L-BRACKET, one SWIVEL SNAP (3), one 3/8” HEX NUT (8), and one previously removed 3/8” LOCK NUT. See FIGURE 6.

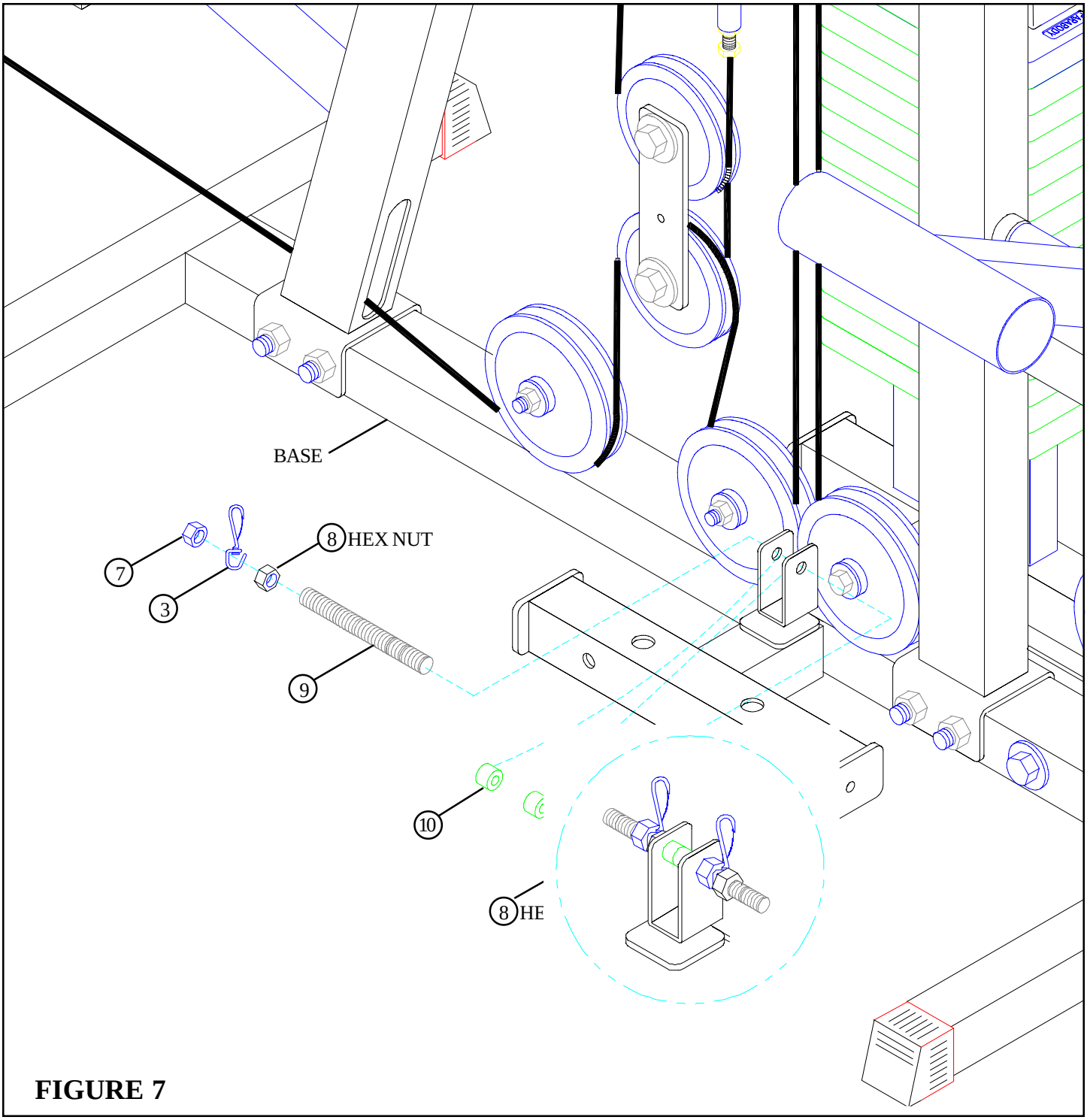


FIGURE 7

STEP 7

- Position two 3/8 X 1/2" SPACERS (2) inside the bracket on the BASE and slide one 3/8" THREADED SHAFT (9) through the bracket. See FIGURE 7.
- Assemble two 3/8" HEX NUTS (8), two SWIVEL SNAP (3), and two 3/8" LOCK NUTS (7) to the 3/8" THREADED SHAFT (9) as shown in FIGURE 7.

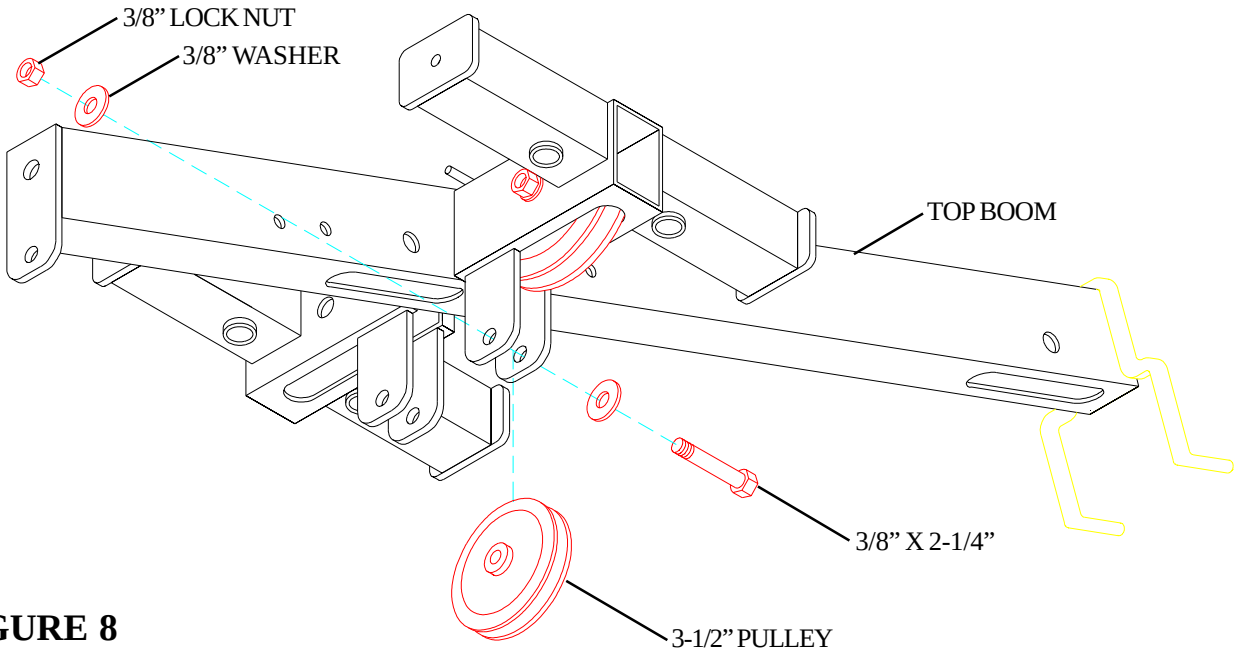


FIGURE 8

STEP 8

- Remove the 3/8 X 2-1/4” BOLT, two 3/8” WASHERS, one 3/8” LOCK NUT, and 3-1/2” PULLEY from the bracket on the TOP BOOM as shown in FIGURE 8.

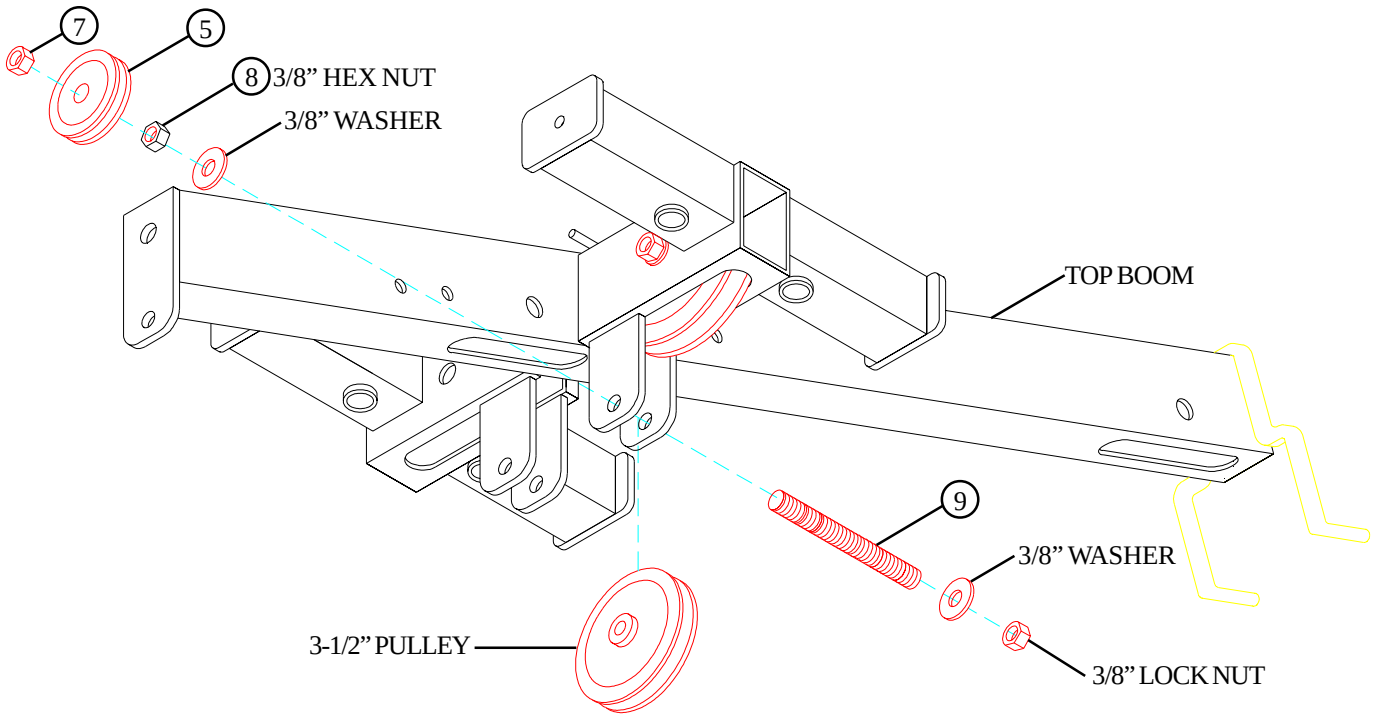


FIGURE 9

STEP 9

- **SECURELY** assemble the previously removed 3-1/2” PULLEY to the bracket on the TOP BOOM using one 3/8” THREADED SHAFT (9) , two previously removed 3/8” WASHERS, one 2” PULLEY (5), one 3/8” HEX NUT (8), one previously removed 3/8” LOCK NUT, and one 3/8” LOCK NUT (7). See FIGURE 9.

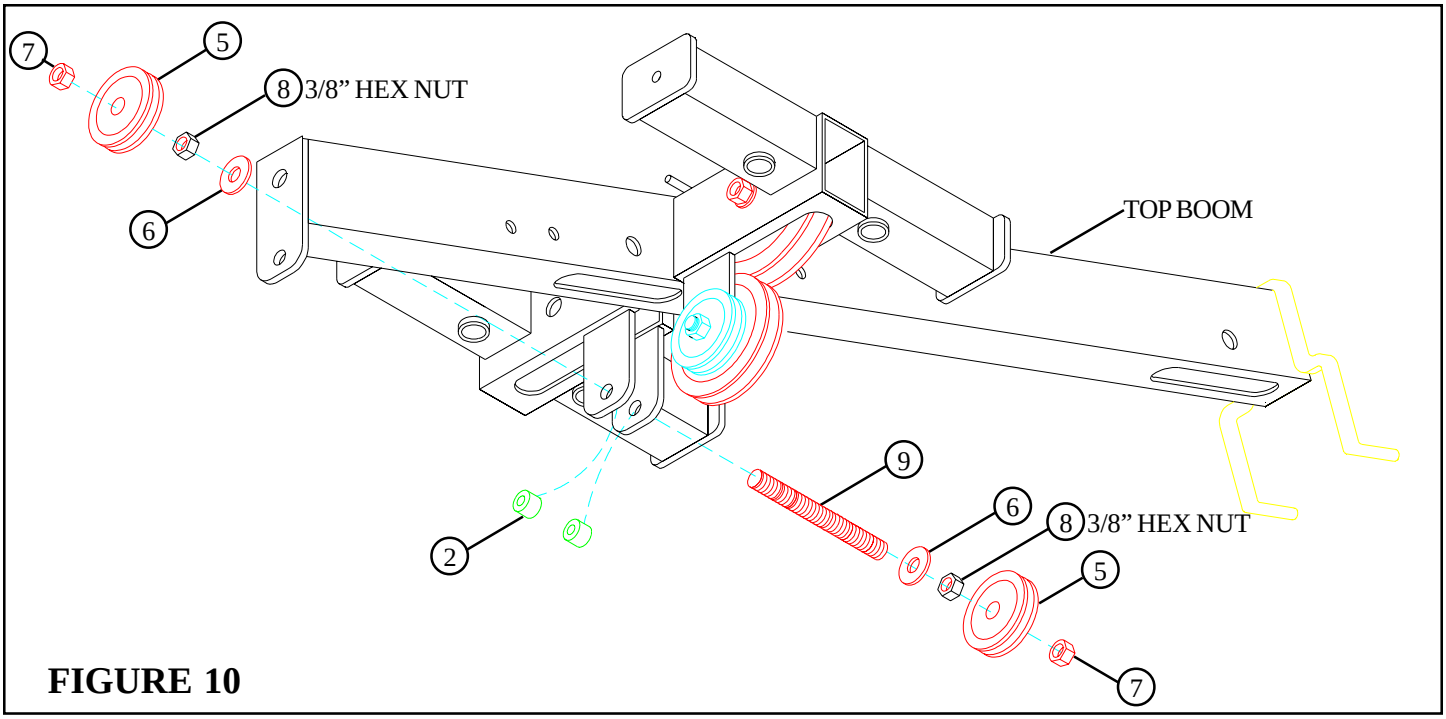


FIGURE 10

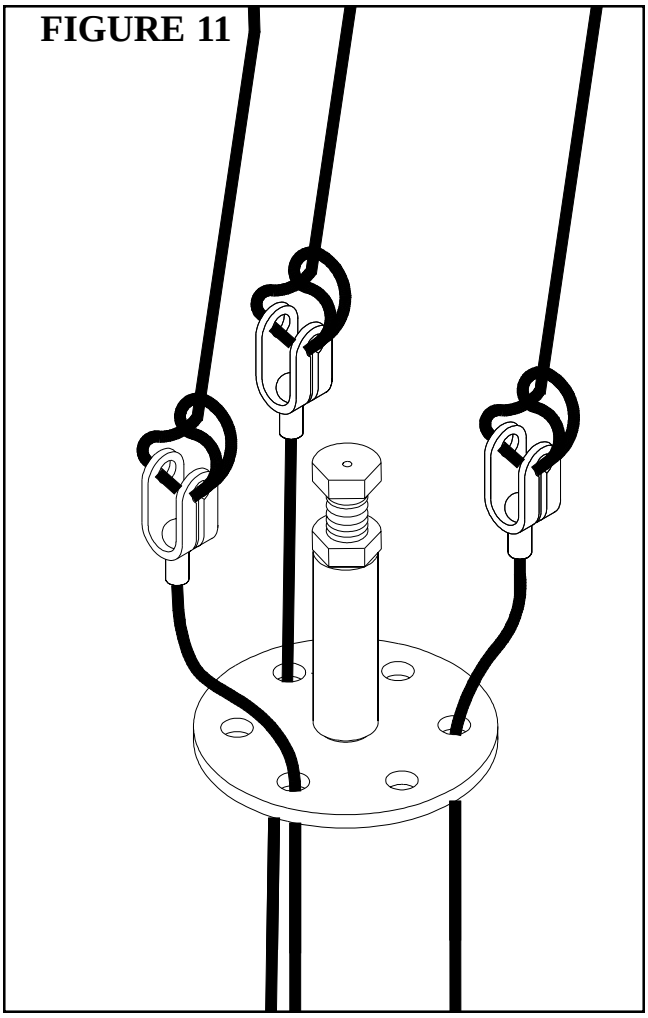
STEP 10

- Position two 3/8 X 1/2” SPACERS (2) inside the rear bracket of the TOP BOOM and slide one 3/8” THREAD SHAFT (9) through the bracket. See FIGURE 10.
- **SECURELY** assemble two 2” PULLEYS (5) to the rear bracket on the TOP BOOM using one 3/8” THREADED SHAFT (9), two 3/8” WASHERS, two 3/8” HEX NUTS (8), and two 3/8” LOCK NUTS (7) as shown in FIGURE 10.

STEP 11

- Assemble three 72” ELASTIC CORDS to the KEYHOLE CLEVIS as shown in FIGURE 11.

FIGURE 11



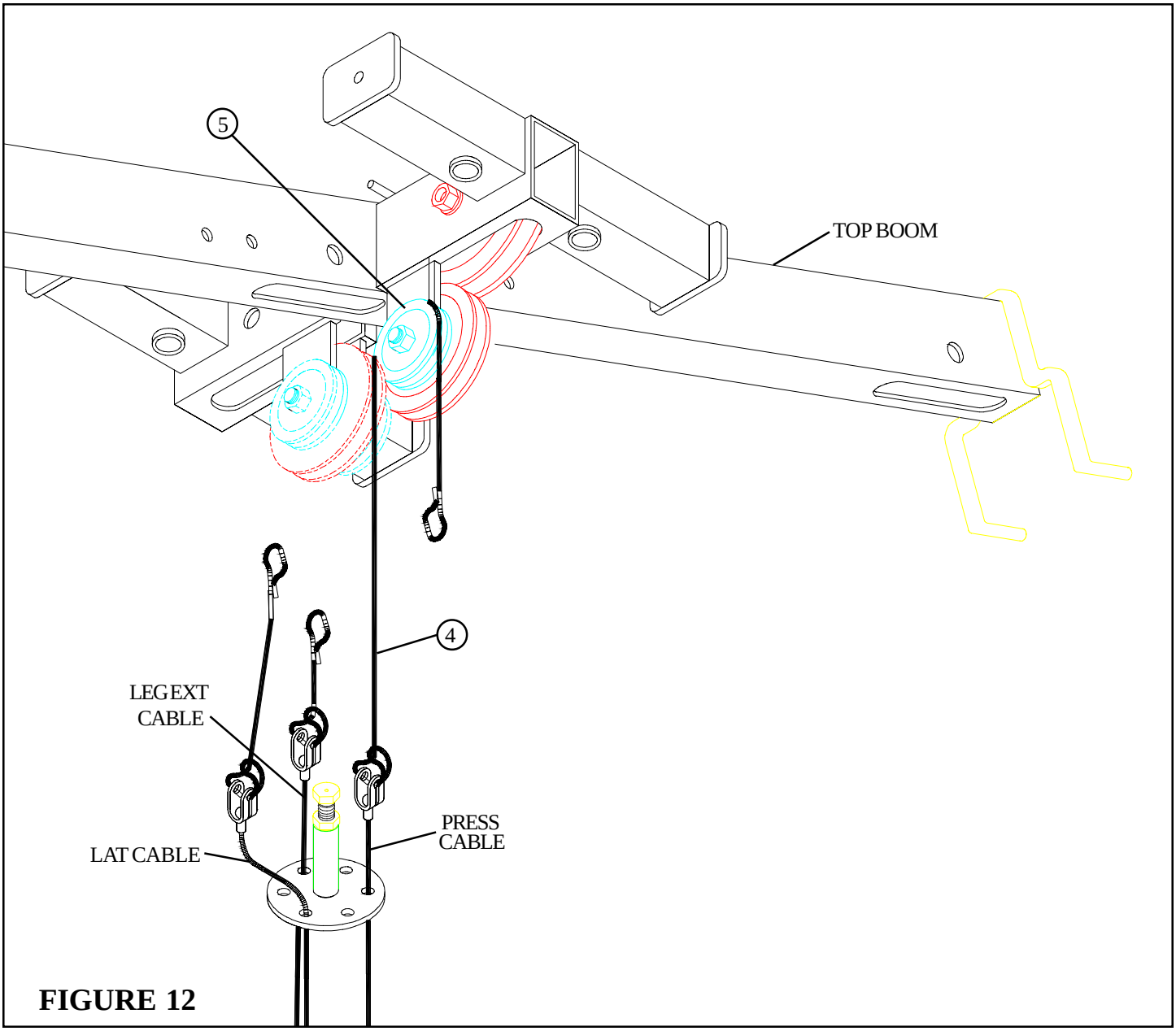


FIGURE 12

STEP 12

- Assemble the 22” ELASTIC CORD (4) from the PRESS CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 12.

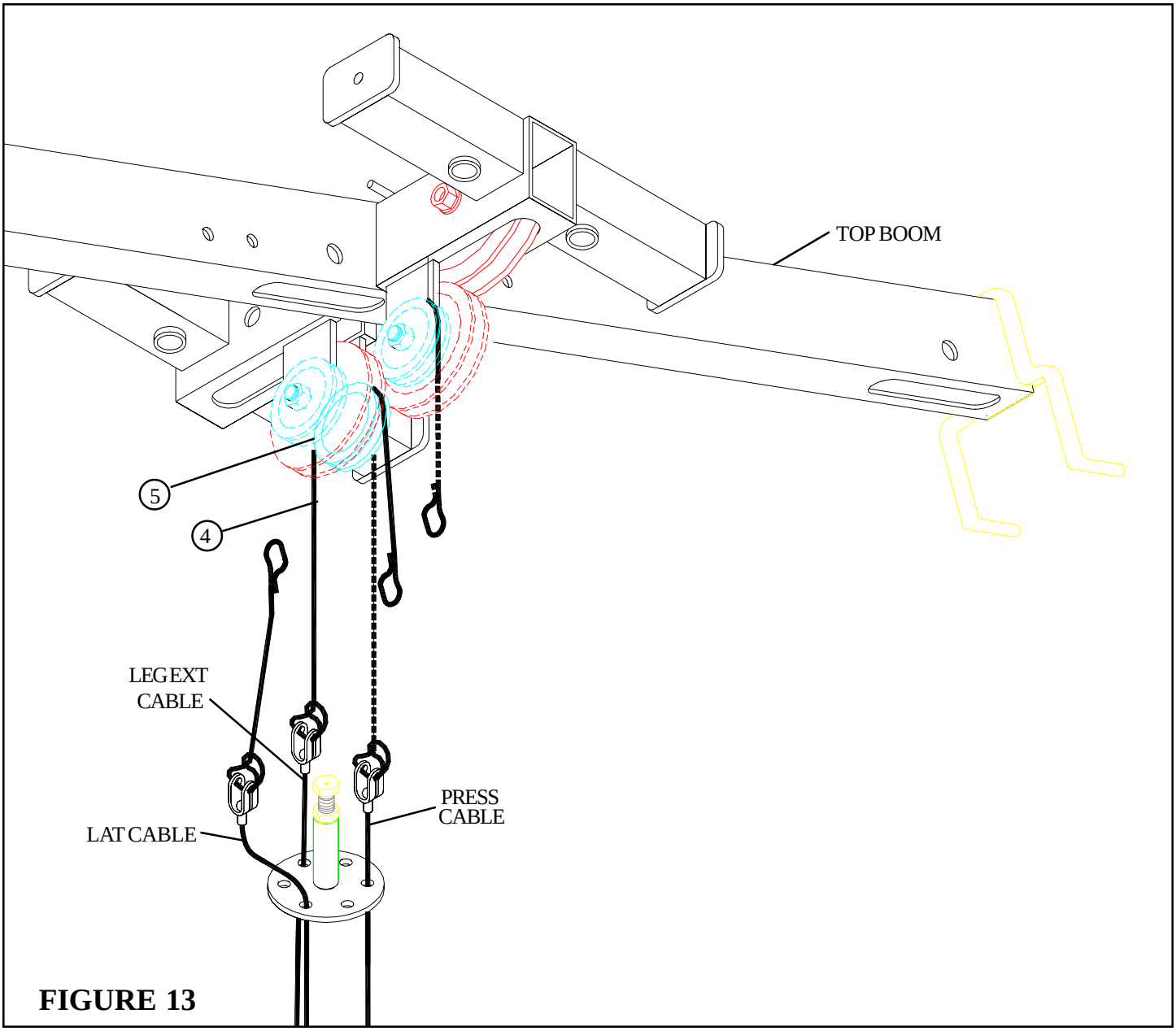


FIGURE 13

STEP 13

- Assemble the 22” ELASTIC CORD (4) from the LEG CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 13.

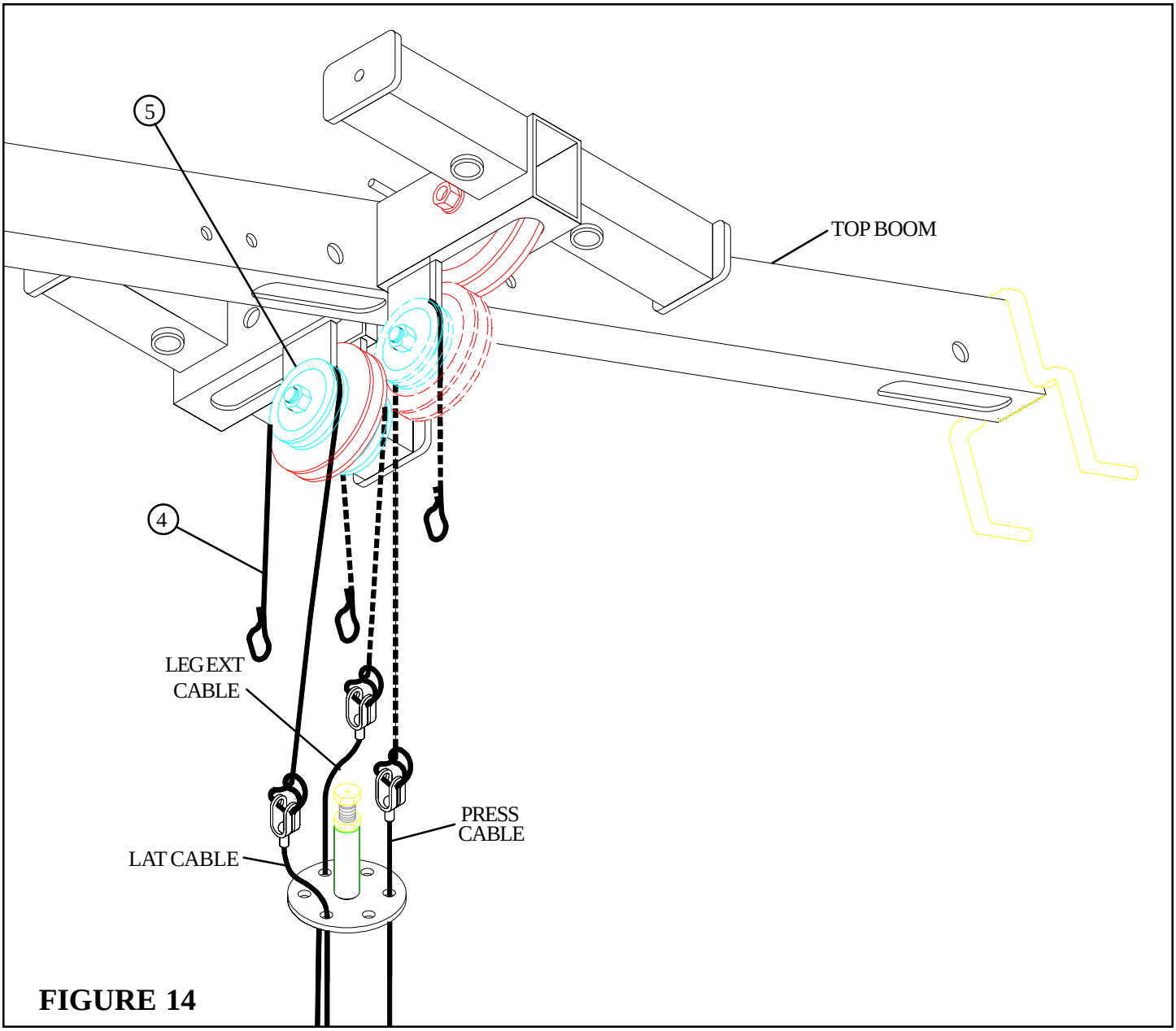


FIGURE 14

STEP 14

- Assemble the 22” ELASTIC CORD (4) from the LAT CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 14.

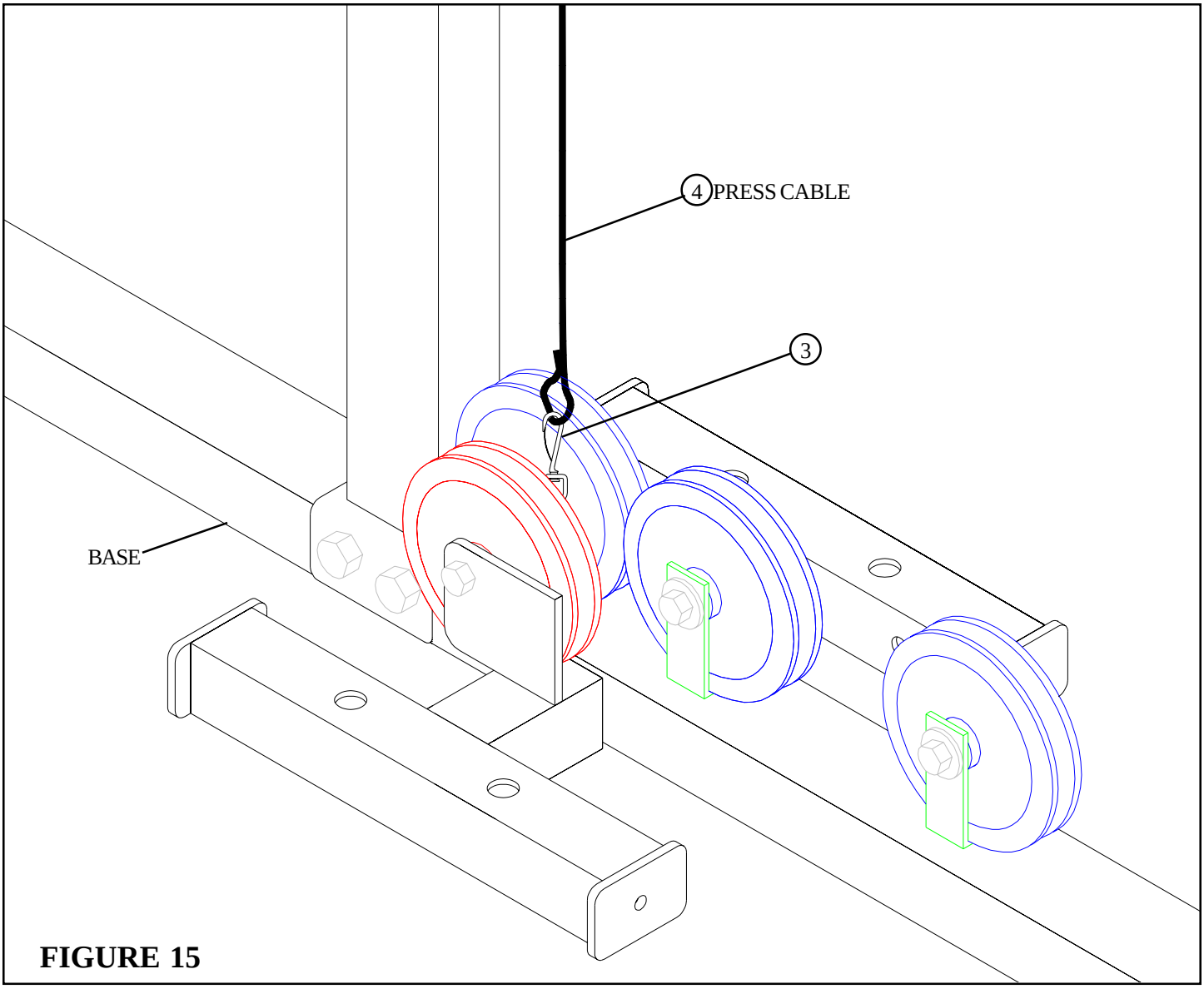


FIGURE 15

STEP 15

- Assemble the ELASTIC CORD (4) from the PRESS CABLE to the SWIVEL SNAP (3) on the BASE as shown in FIGURE 15.

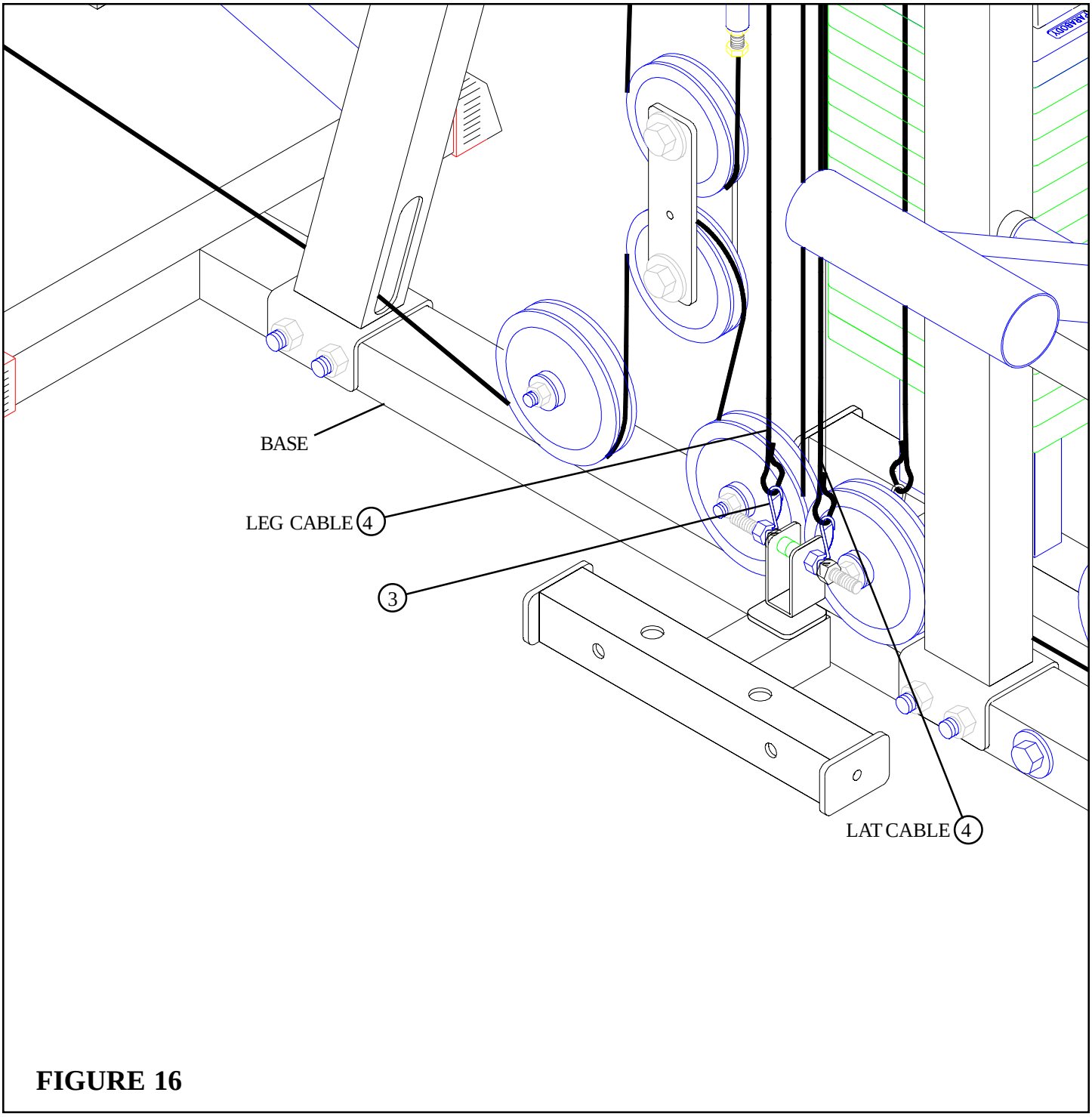
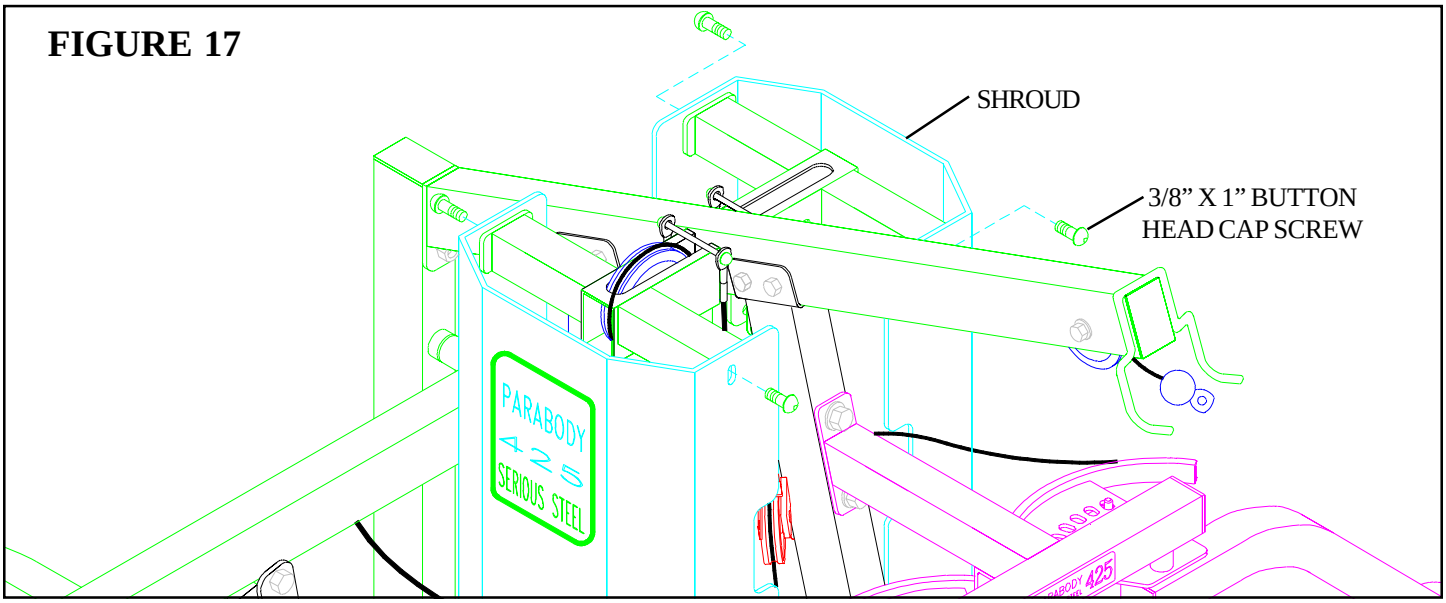


FIGURE 16

STEP 16

- Assemble the ELASTIC CORDS (4) from the LAT & LEG CABLES to the corresponding SWIVEL SNAPS (3) on the BASE as shown in FIGURE 16.

FIGURE 17



STEP 17

- **SECURELY** attach the top of the front SHROUD (with label) & rear SHROUD to the TOP BOOM using the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS. See FIGURE 17.

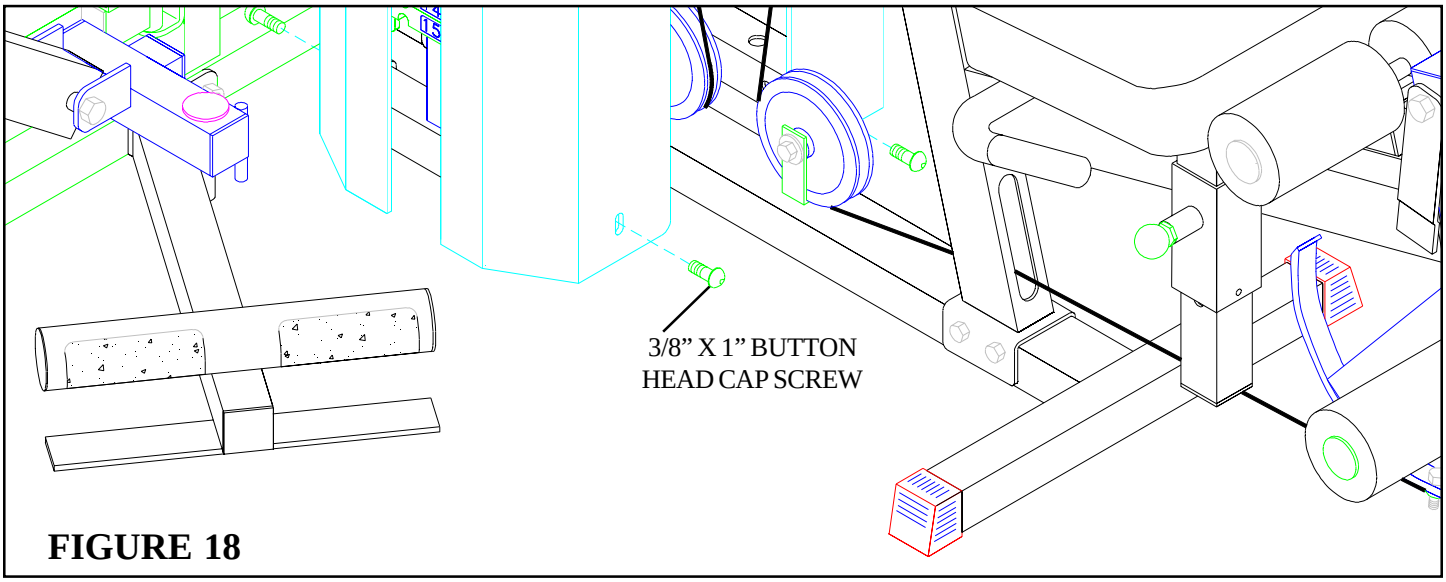


FIGURE 18

STEP 18

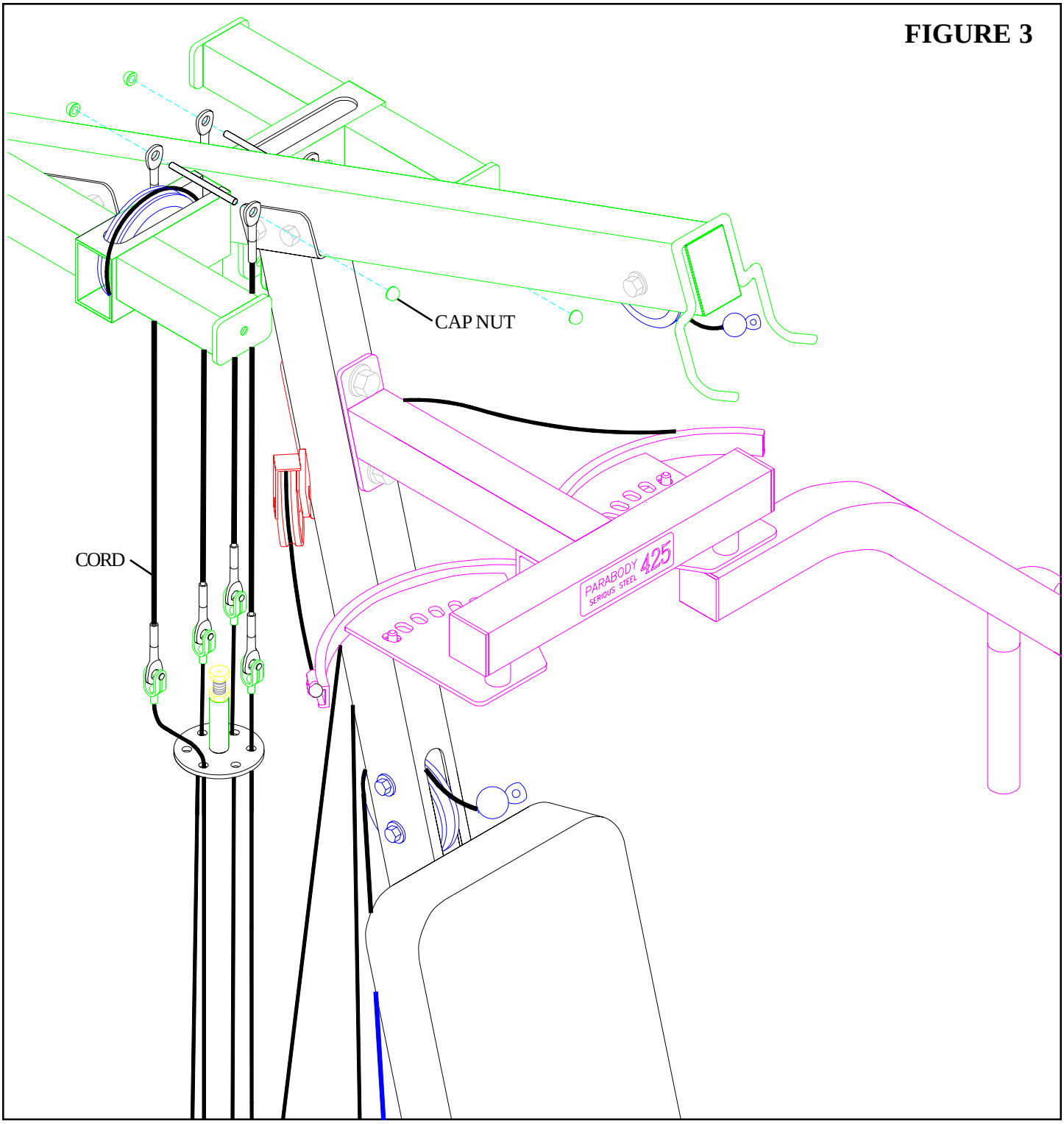
- **SECURELY** attach the bottom of the front SHROUD (with label) & rear SHROUD to the TOP BOOM using the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS. See FIGURE 18.

The installation of the 426103 Elastic Cord Conversion Kit is complete. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

425103 with 832 LEG PRESS OPTION INSTALLED

- If the 445 WEIGHT STACK OPTION IS INSTALLED PROCEED TO PAGE 27.
- If the 832 LEG PRESS OPTION & 445 WEIGHT STACK OPTION ARE INSTALLED PROCEED TO PAGE 35.

FIGURE 3



STEP 3

- Remove the 1/4" CAP NUTS and each TENSION CORD from the TOP BOOM as shown in FIGURE 3.

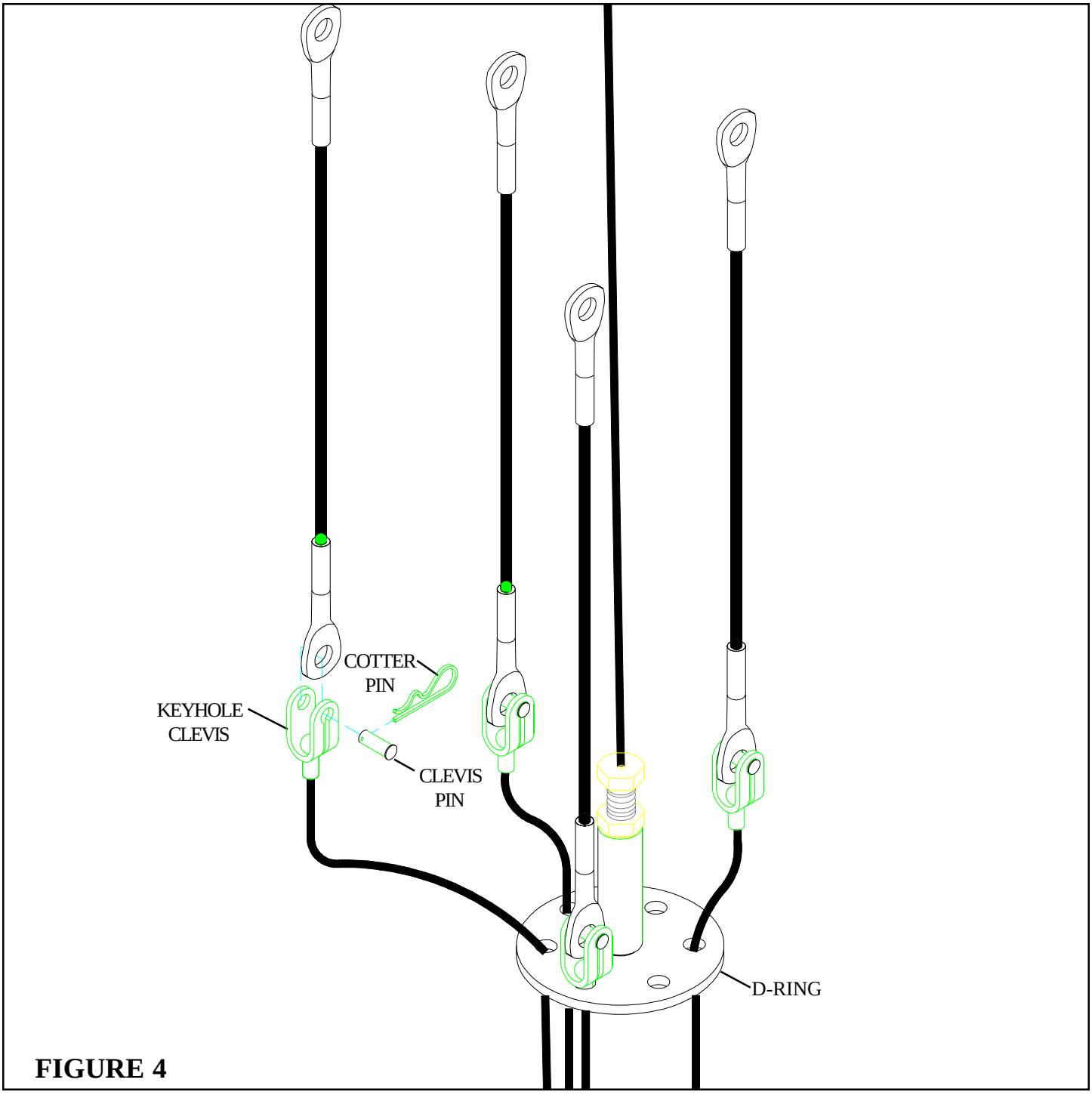


FIGURE 4

STEP 4

- Remove the TENSION CORDS, CLEVIS PINS and COTTER PINS as shown in FIGURE 4.

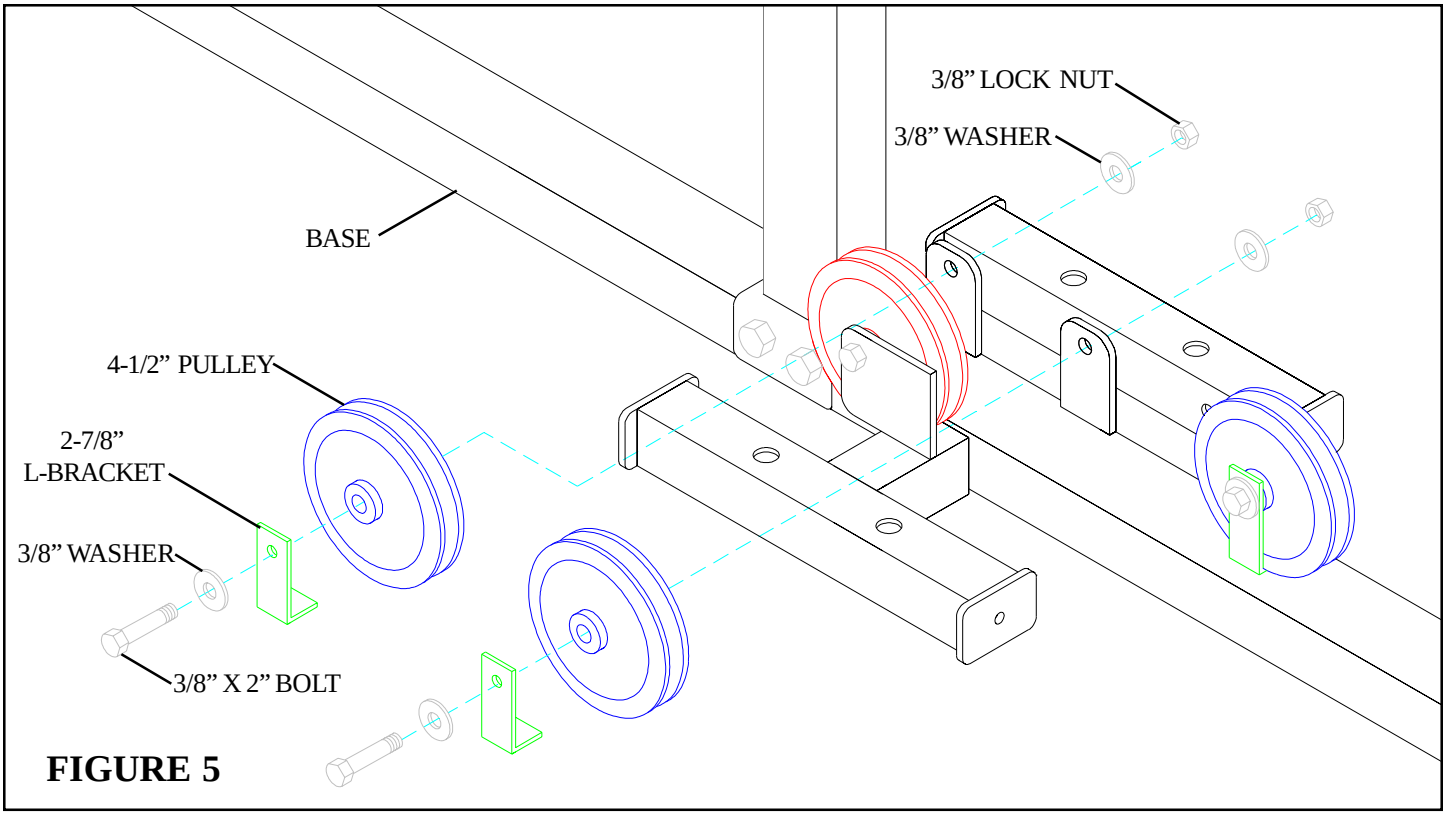


FIGURE 5

STEP 5

- Remove two 3/8 X 2” BOLTS, four 3/8” WASHERS, two 2-7/8” L-BRACKETS, two 4-1/2” PULLEYS, and two 3/8” LOCK NUTS from the upper flats on the BASE as shown in FIGURE 5.

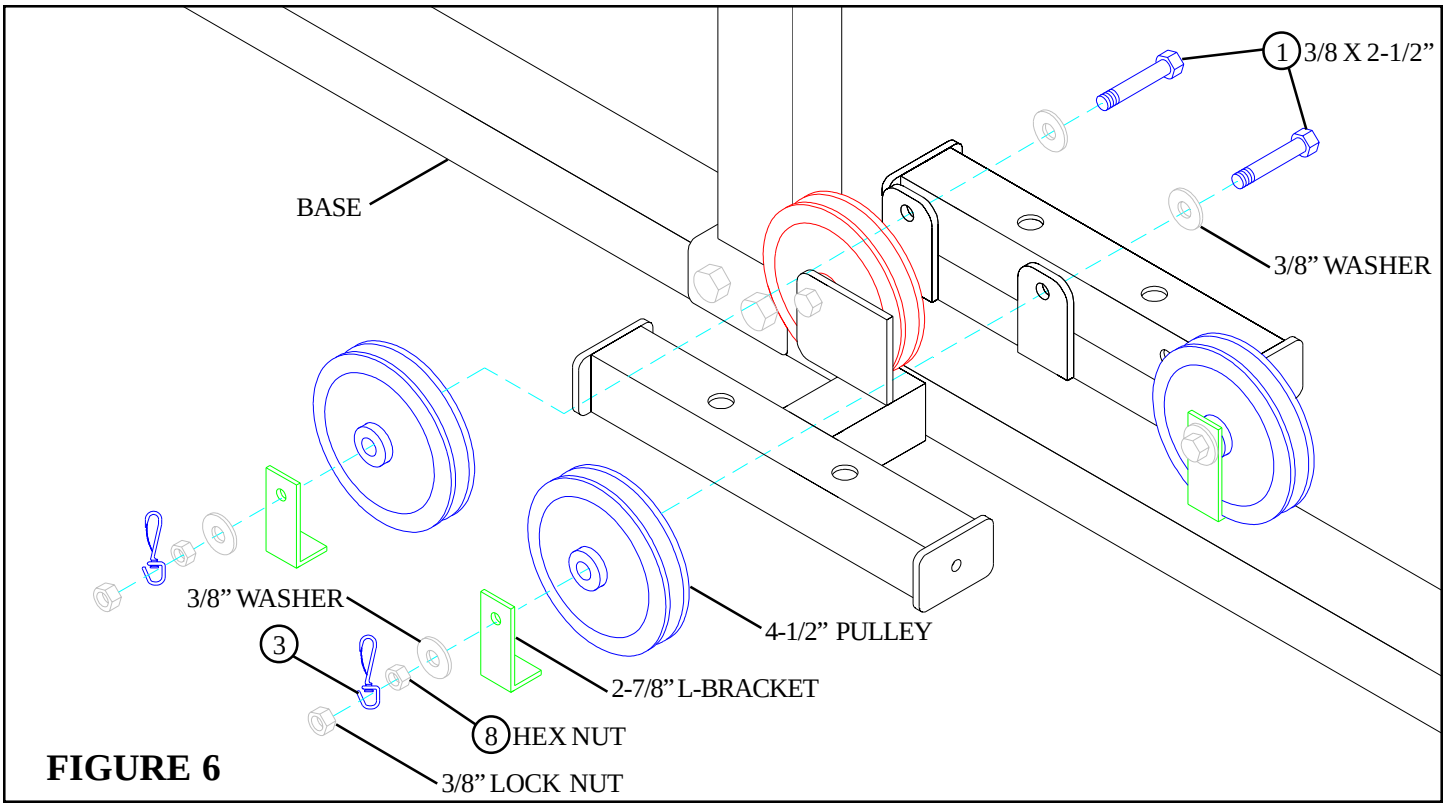


FIGURE 6

STEP 6

- **SECURELY** assemble the previously removed 4-1/2” PULLEYS to the BASE using two 3/8 X 2-1/2” BOLTS (1), four previously removed 3/8” WASHERS, two previously removed 2-7/8” L-BRACKETS, two SWIVEL SNAPS (3), two 3/8” HEX NUTS (8), and two previously removed 3/8” LOCK NUTS. See FIGURE 6.

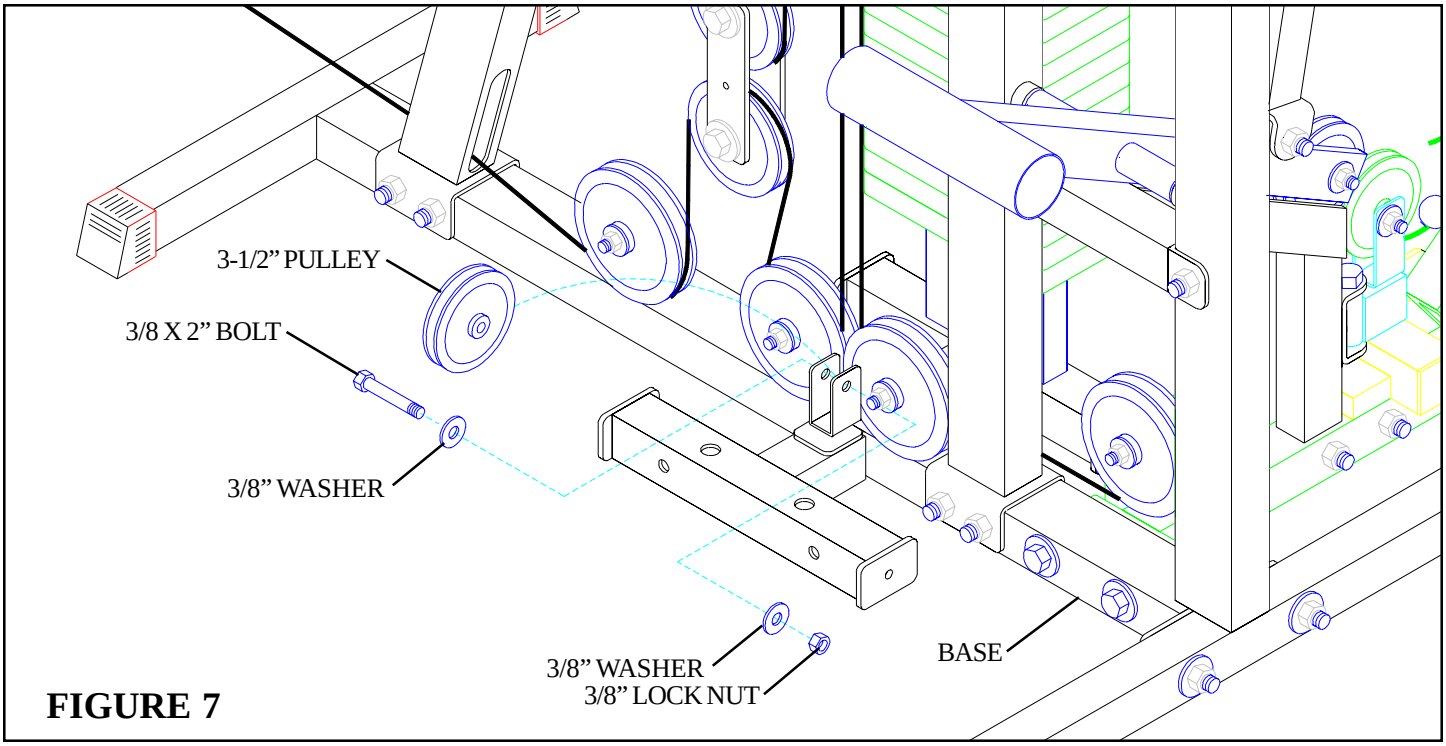


FIGURE 7

STEP 7

- Remove one 3-1/2" PULLEY, one 3/8 X 2" BOLT, two 3/8" WASHERS and one 3/8" LOCK NUT from the BASE as shown in FIGURE 7.

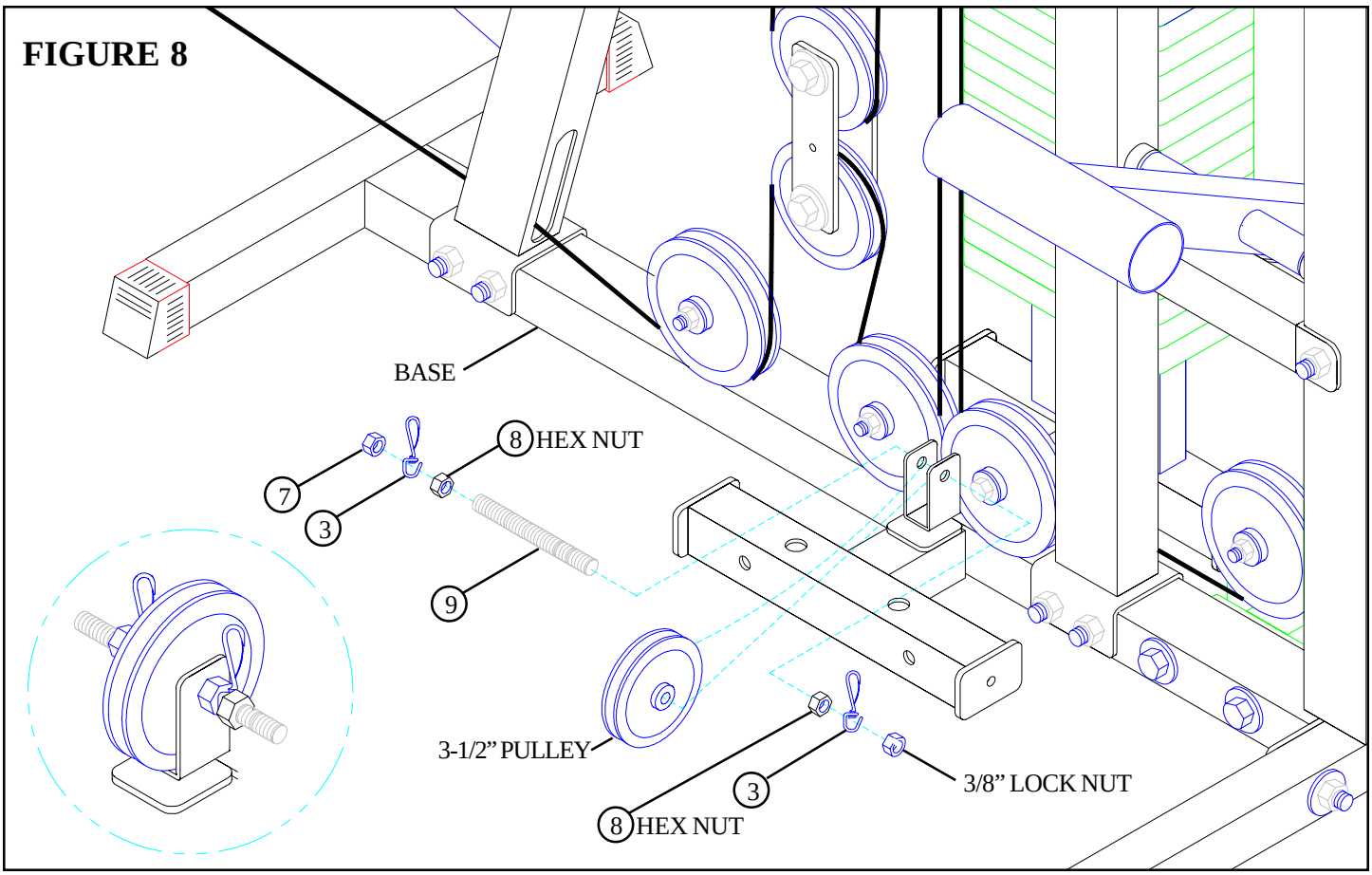


FIGURE 8

STEP 8

- Assemble two 3/8" HEX NUTS (8), two SWIVEL SNAP (3), one previously removed 3-1/2" PULLEY, one previously removed 3/8" LOCK NUT, and one 3/8" LOCK NUT (7) to the 3/8" THREADED SHAFT (9) as shown in FIGURE 8.

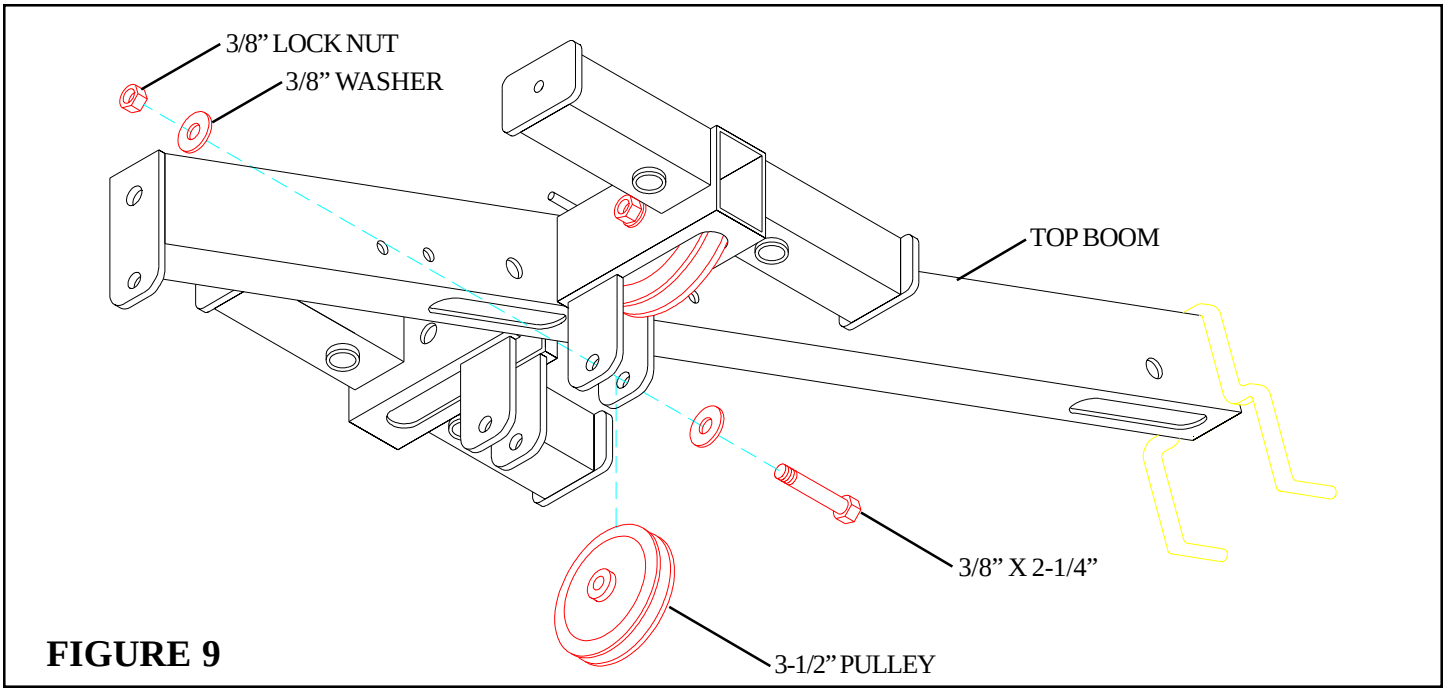


FIGURE 9

STEP 9

- Remove the 3/8 X 2-1/4” BOLT, two 3/8” WASHERS, one 3/8” LOCK NUT, and 3-1/2” PULLEY from the bracket on the TOP BOOM as shown in FIGURE 9.

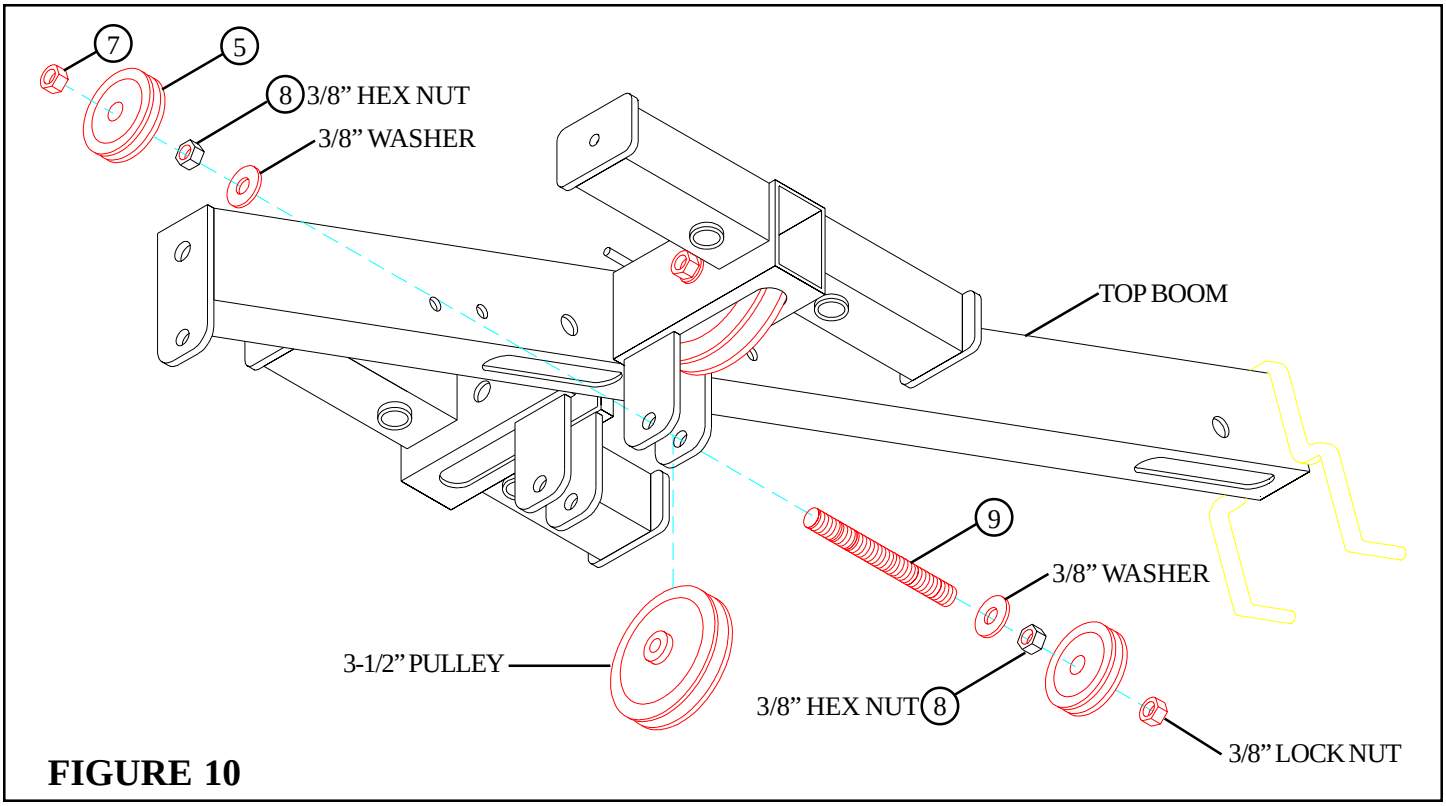


FIGURE 10

STEP 10

- **SECURELY** assemble the previously removed 3-1/2” PULLEY to the bracket on the TOP BOOM using one 3/8” THREADED SHAFT (9) , two previously removed 3/8” WASHERS, two 2” PULLEYS (5), two 3/8” HEX NUTS (8), one previously removed 3/8” LOCK NUT, and one 3/8” LOCK NUT (7). See FIGURE 10.

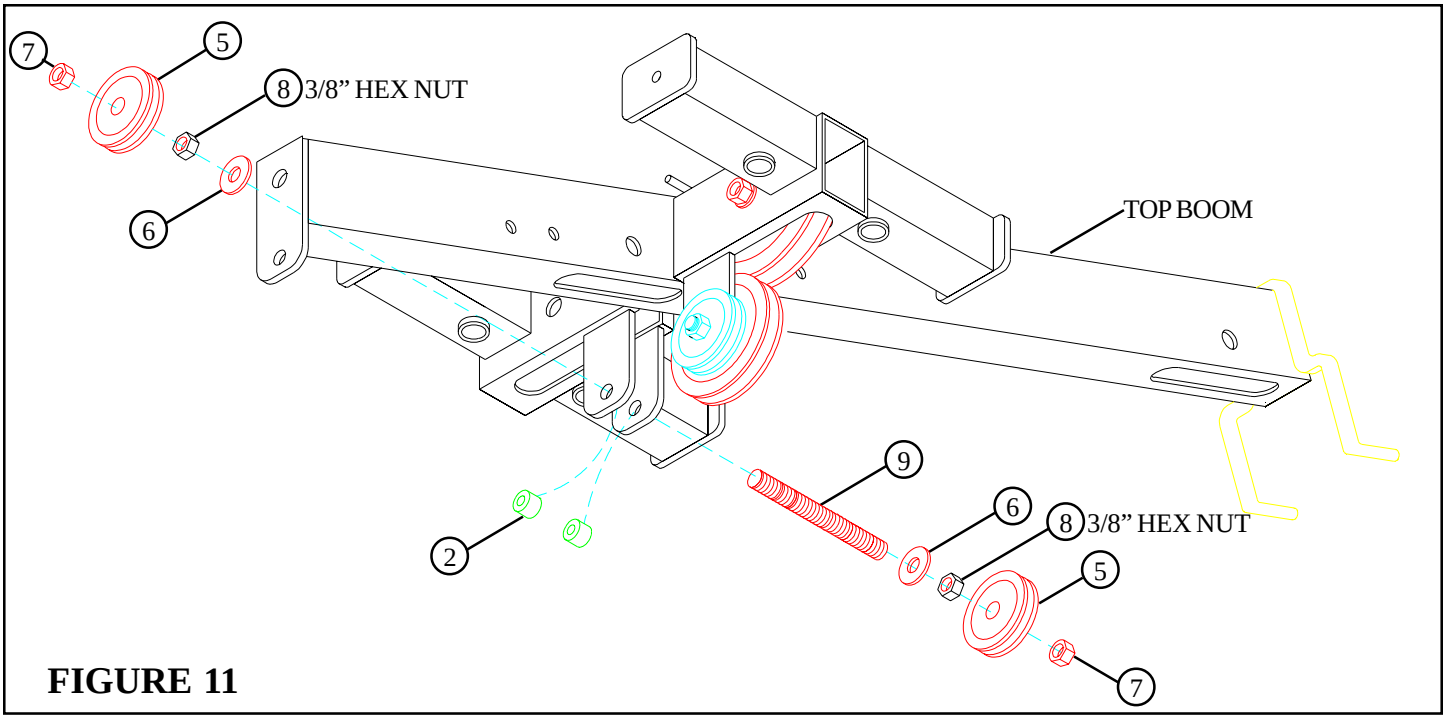


FIGURE 11

STEP 11

- Position two 3/8 X 1/2” SPACERS (2) inside the rear bracket of the TOP BOOM and slide one 3/8” THREAD SHAFT (9) through the bracket. See FIGURE 11.
- **SECURELY** assemble two 2” PULLEYS (5) to the rear bracket on the TOP BOOM using one 3/8” THREADED SHAFT (9), two 3/8” WASHERS, two 3/8” HEX NUTS (8), and two 3/8” LOCK NUTS (7) as shown in FIGURE 11.

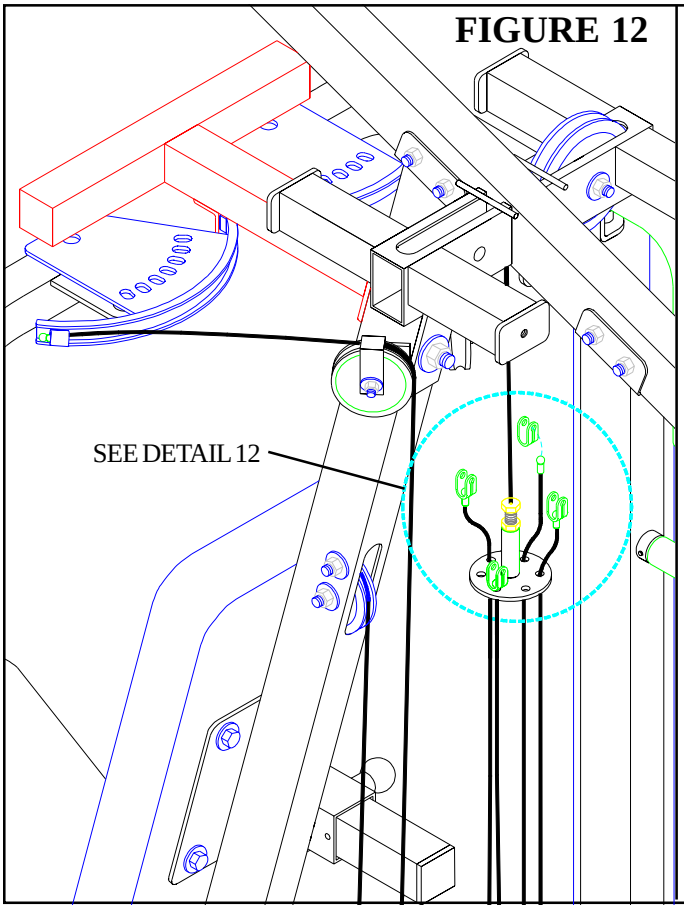
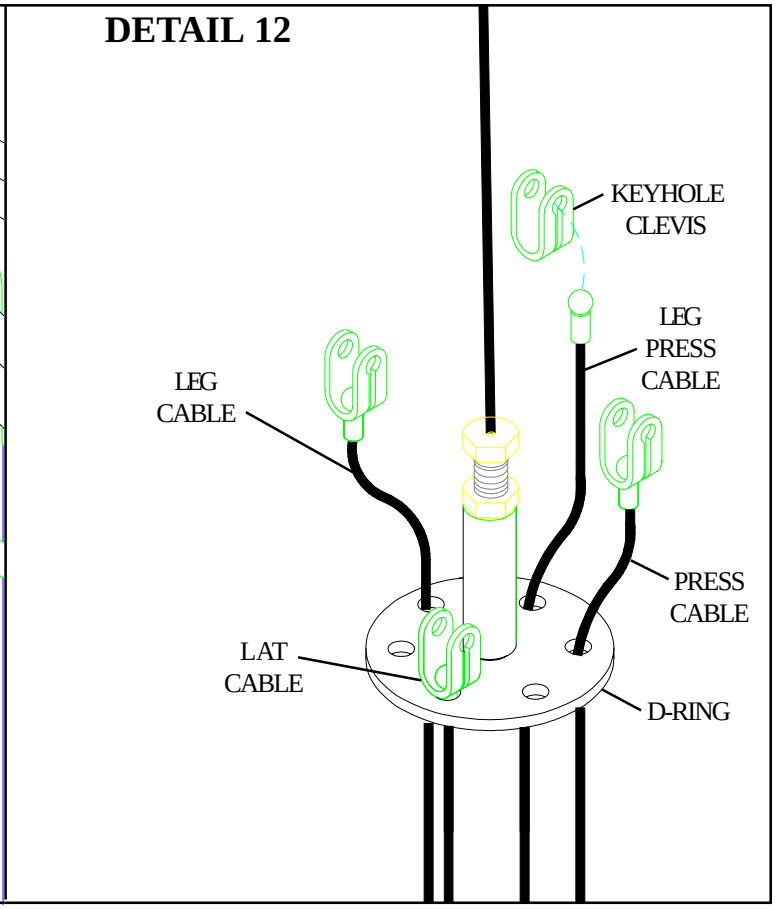


FIGURE 12



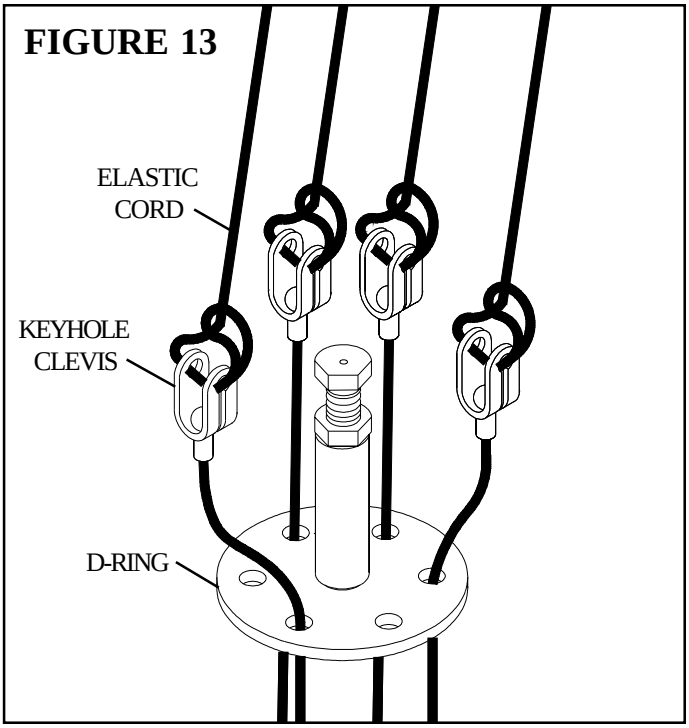
DETAIL 12

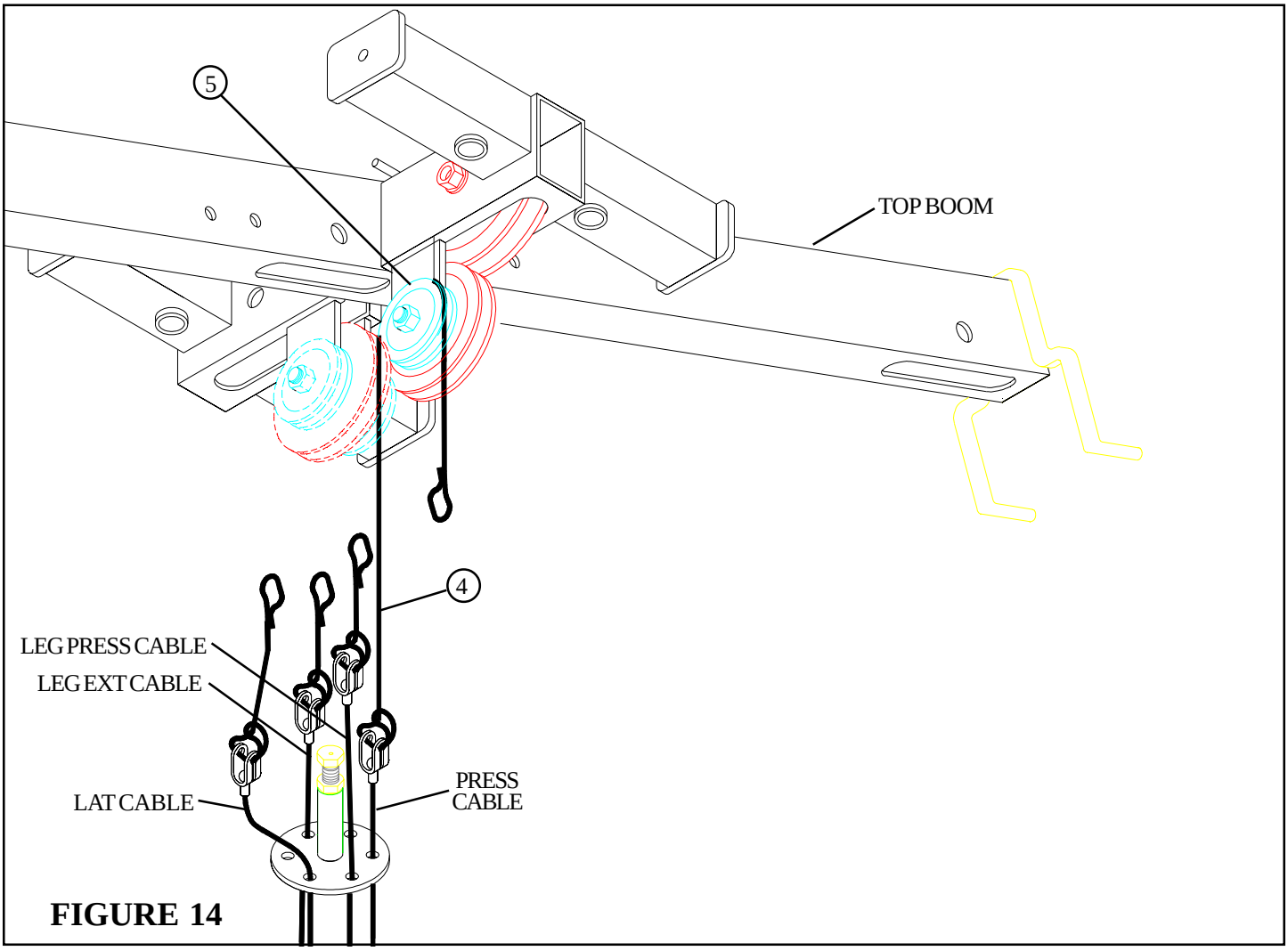
STEP 12

- Run the LEG PRESS CABLE through the correct hole on the d-ring and attach one KEYHOLE CLEVIS to the end of the LEG PRESS CABLE. See FIGURE 12 & DETAIL 12.

STEP 13

- Assemble four 72” ELASTIC CORDS to the KEYHOLE CLEVIS as shown in FIGURE 13.





STEP 14

- Assemble the 72” ELASTIC CORD (4) from the PRESS CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 14.

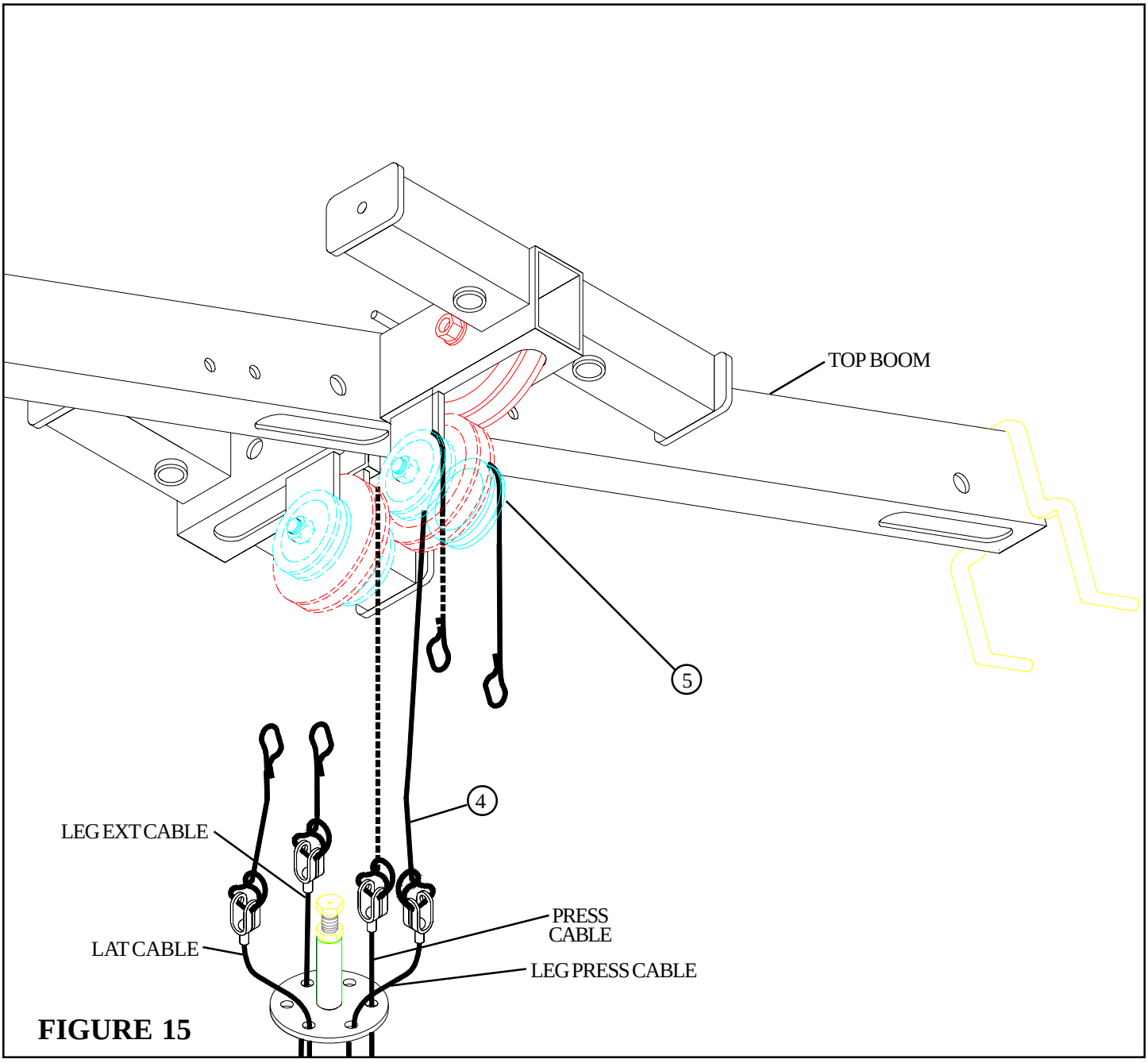


FIGURE 15

STEP 15

- Assemble the 72" ELASTIC CORD (4) from the LEG PRESS CABLE around the 2" PULLEY (5) in the TOP BOOM as shown in FIGURE 15.

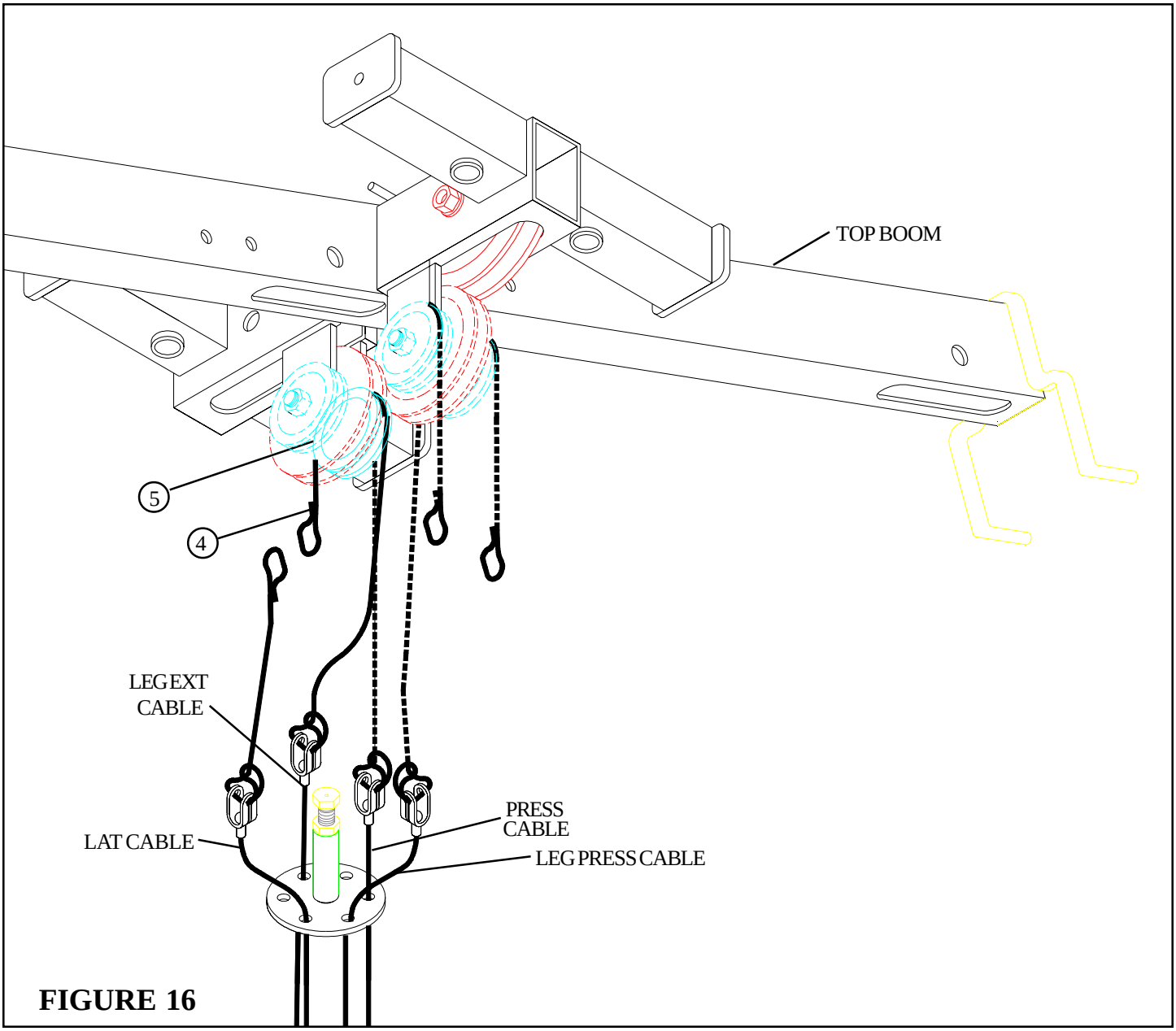


FIGURE 16

STEP 16

- Assemble the 72” ELASTIC CORD (4) from the LEG EXT CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 16.

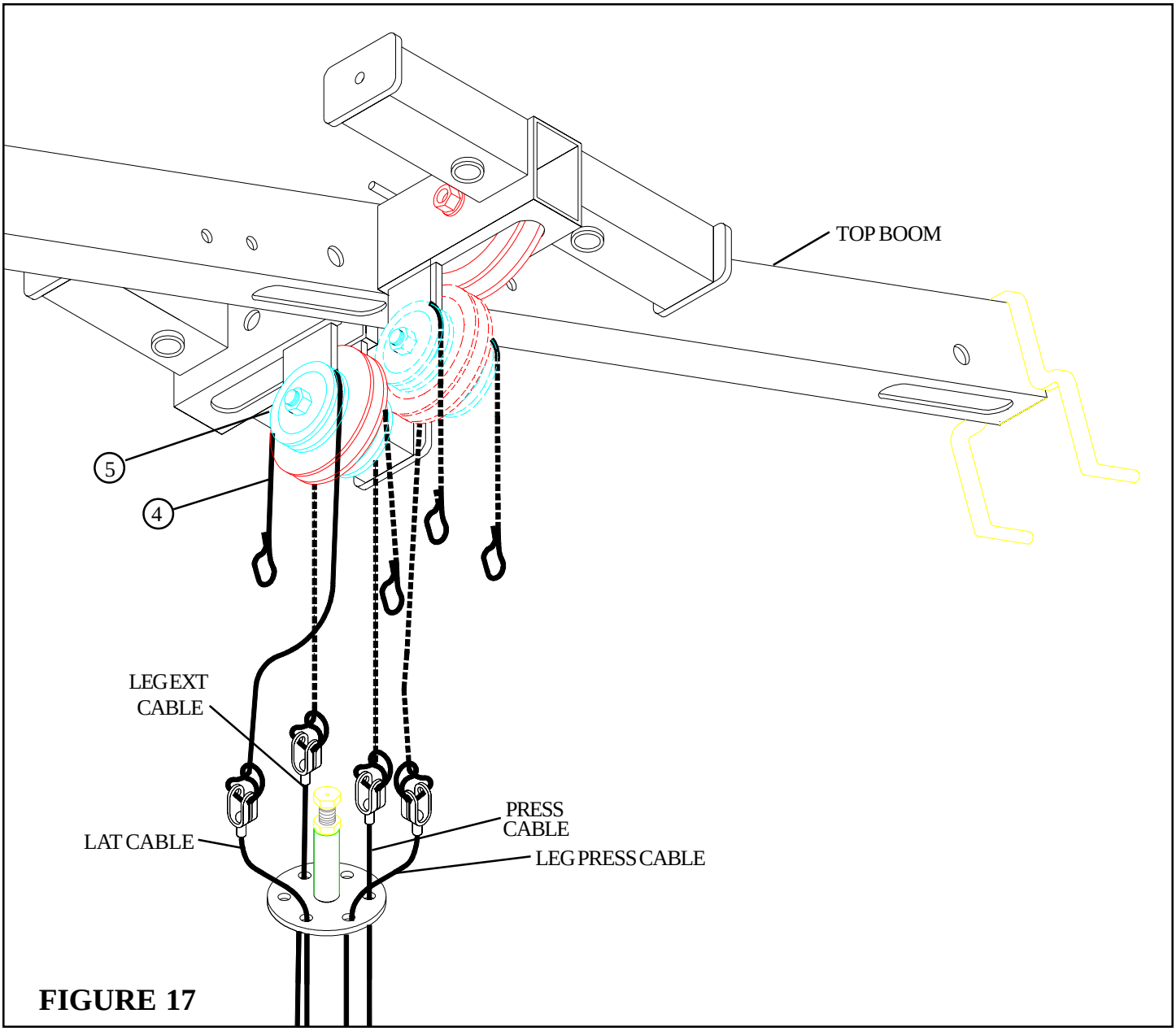


FIGURE 17

STEP 17

- Assemble the 72” ELASTIC CORD (4) from the LAT CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 17.

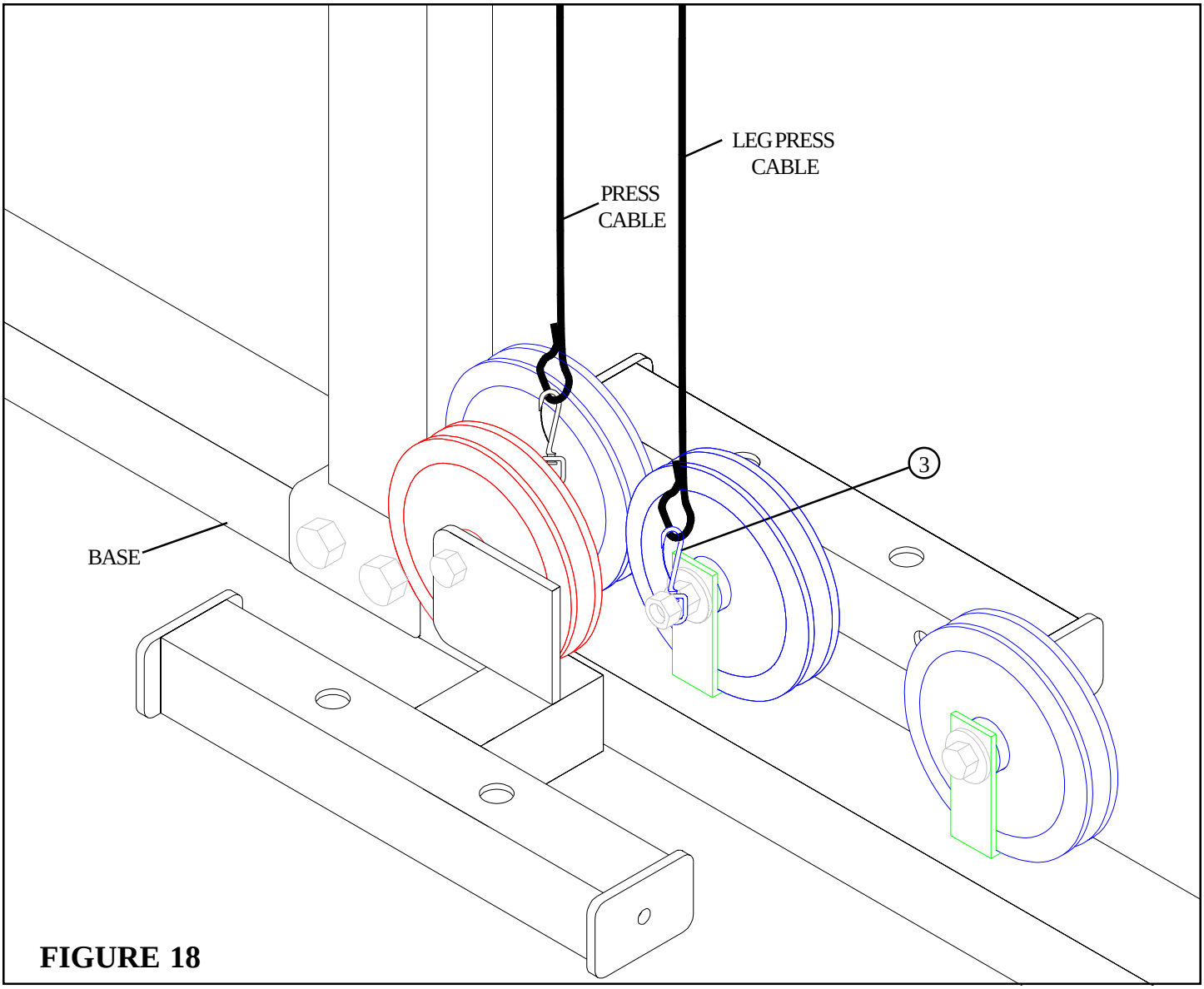


FIGURE 18

STEP 18

- Assemble the ELASTIC CORDS (4) from the PRESS CABLE and the LEG PRESS CABLE to the corresponding SWIVEL SNAPS (3) on the BASE as shown in FIGURE 18.

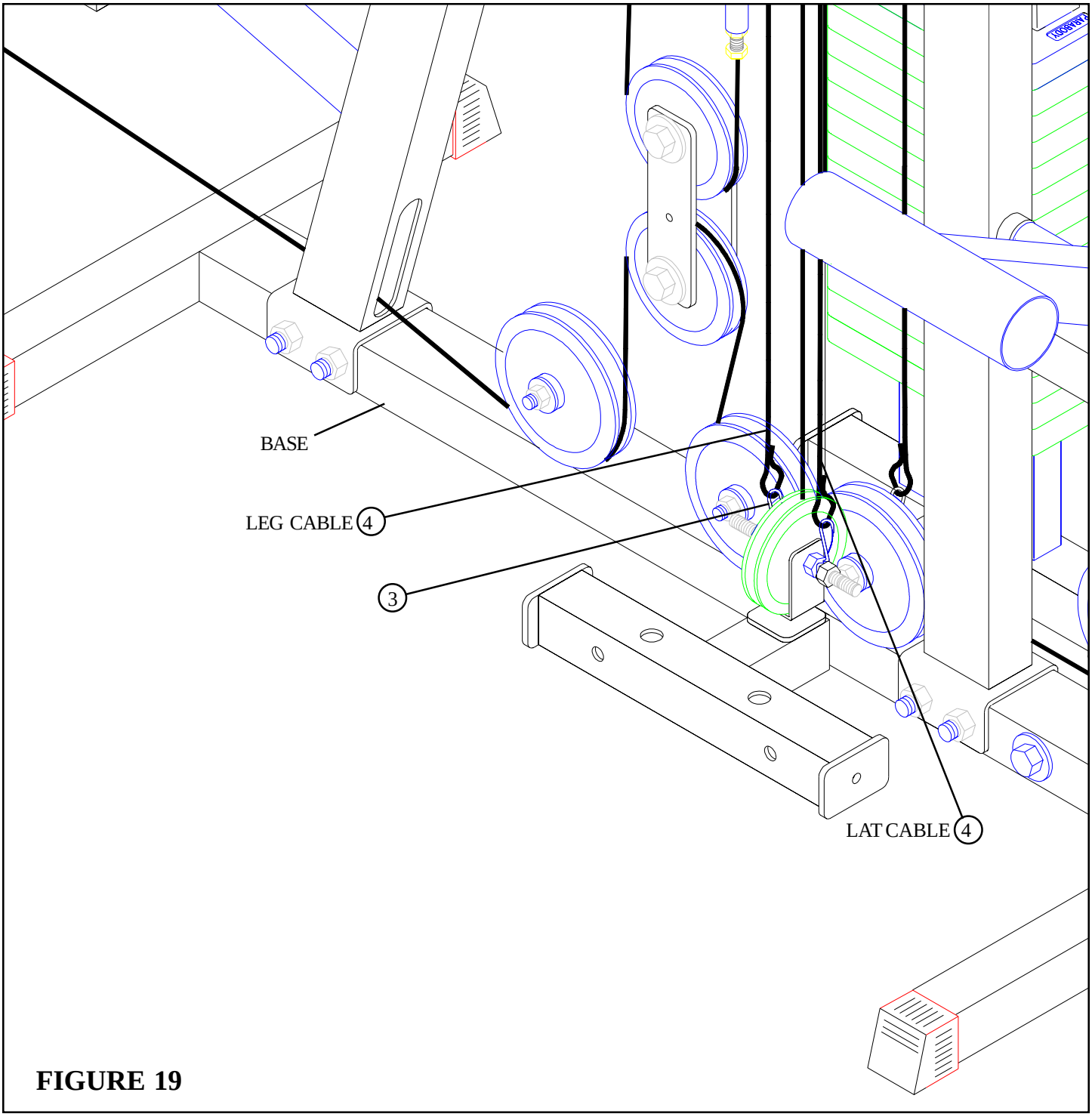
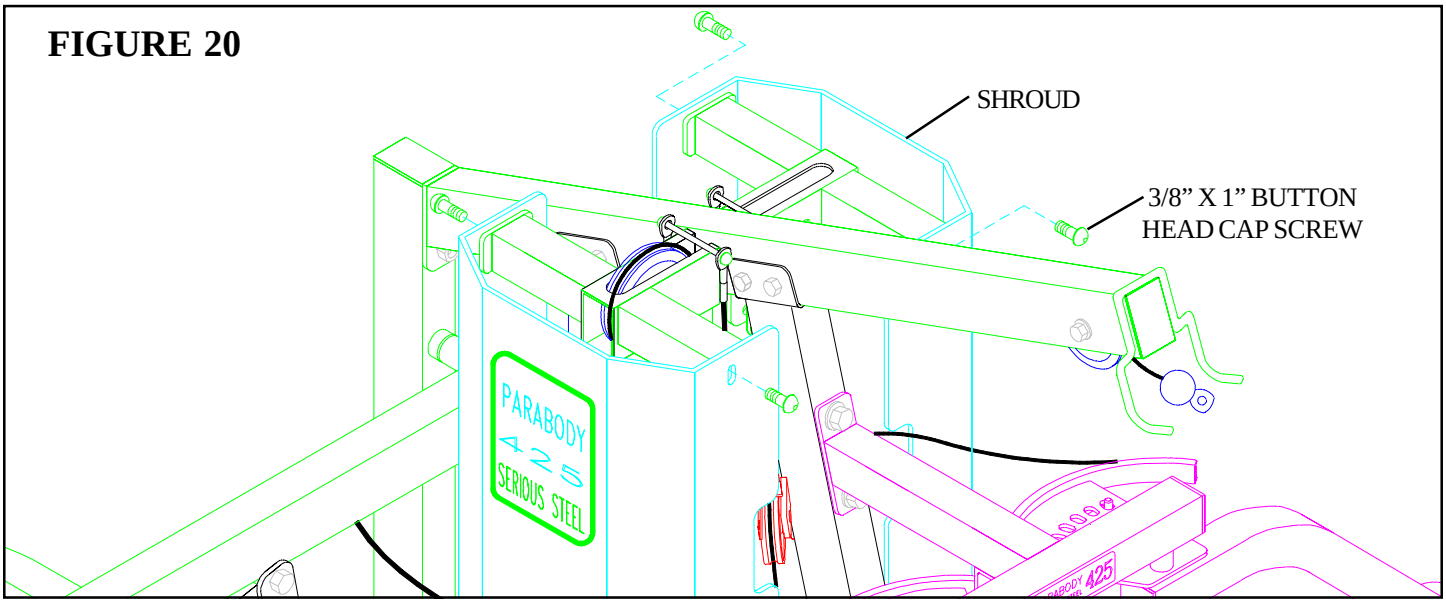


FIGURE 19

STEP 19

- Assemble the ELASTIC CORDS (4) from the LAT & LEG CABLES to the corresponding SWIVEL SNAPS (3) on the BASE as shown in FIGURE 19.

FIGURE 20



STEP 20

- **SECURELY** attach the top of the front SHROUD (with label) & rear SHROUD to the TOP BOOM using the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS. See FIGURE 20.

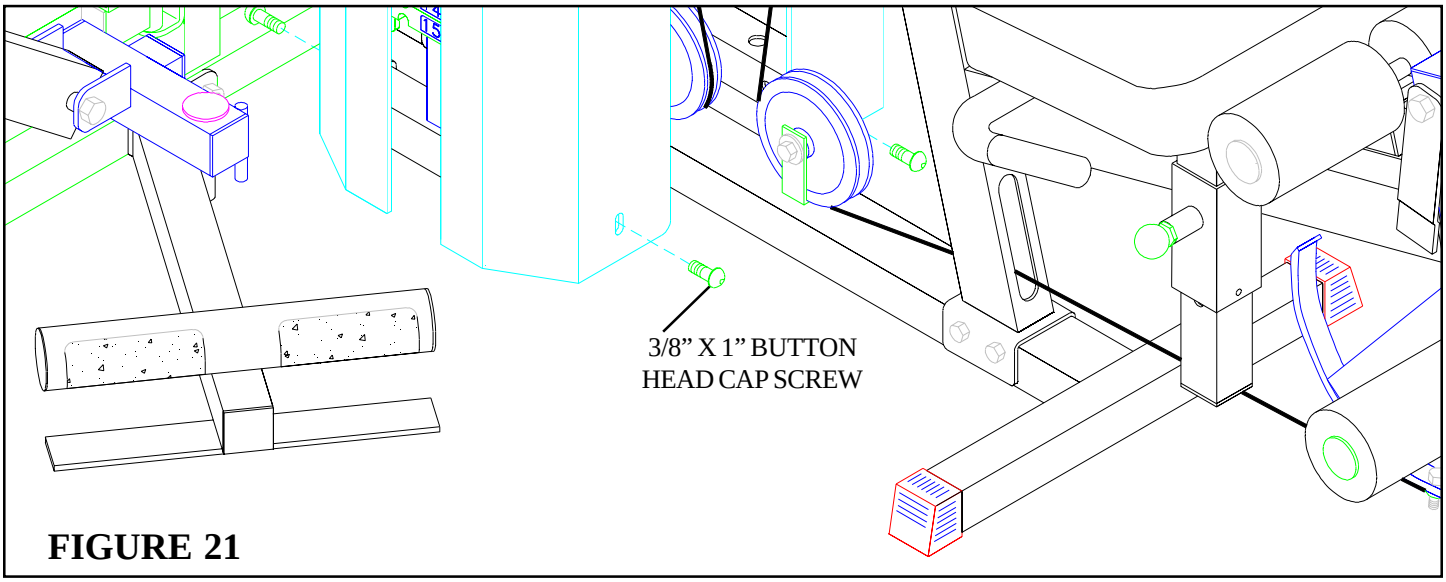


FIGURE 21

STEP 21

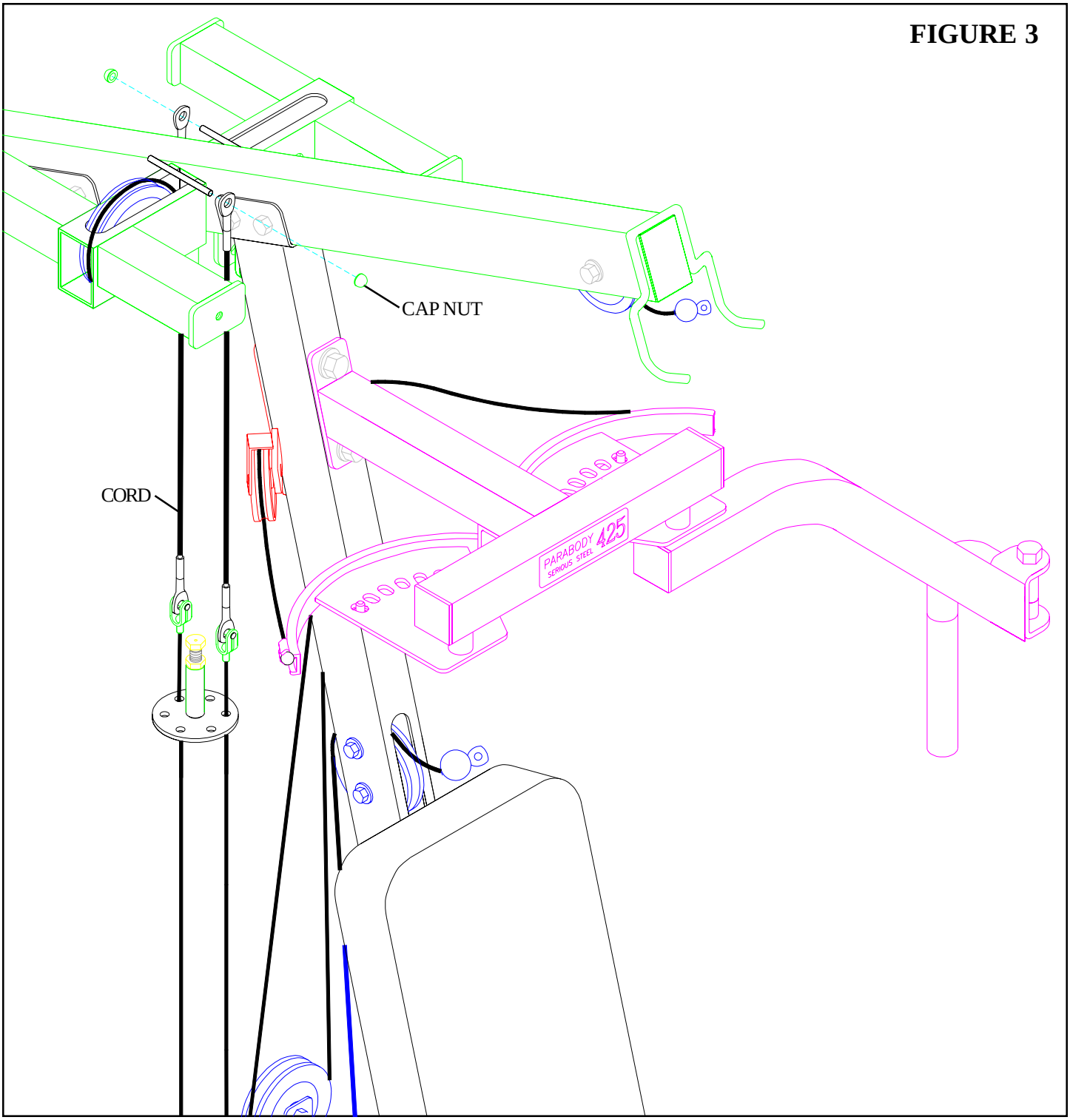
- **SECURELY** attach the bottom of the front SHROUD (with label) & rear SHROUD to the TOP BOOM using the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS. See FIGURE 20.

The installation of the 426103 Elastic Cord Conversion Kit is complete. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

425103 with 445 WEIGHT STACK OPTION

- If the 832 LEG PRESS OPTION & 445 WEIGHT STACK OPTION ARE INSTALLED PROCEED TO PAGE 35.

FIGURE 3



STEP 3

- Remove the 1/4" CAP NUTS and each TENSION CORD from the TOP BOOM as shown in FIGURE 3.

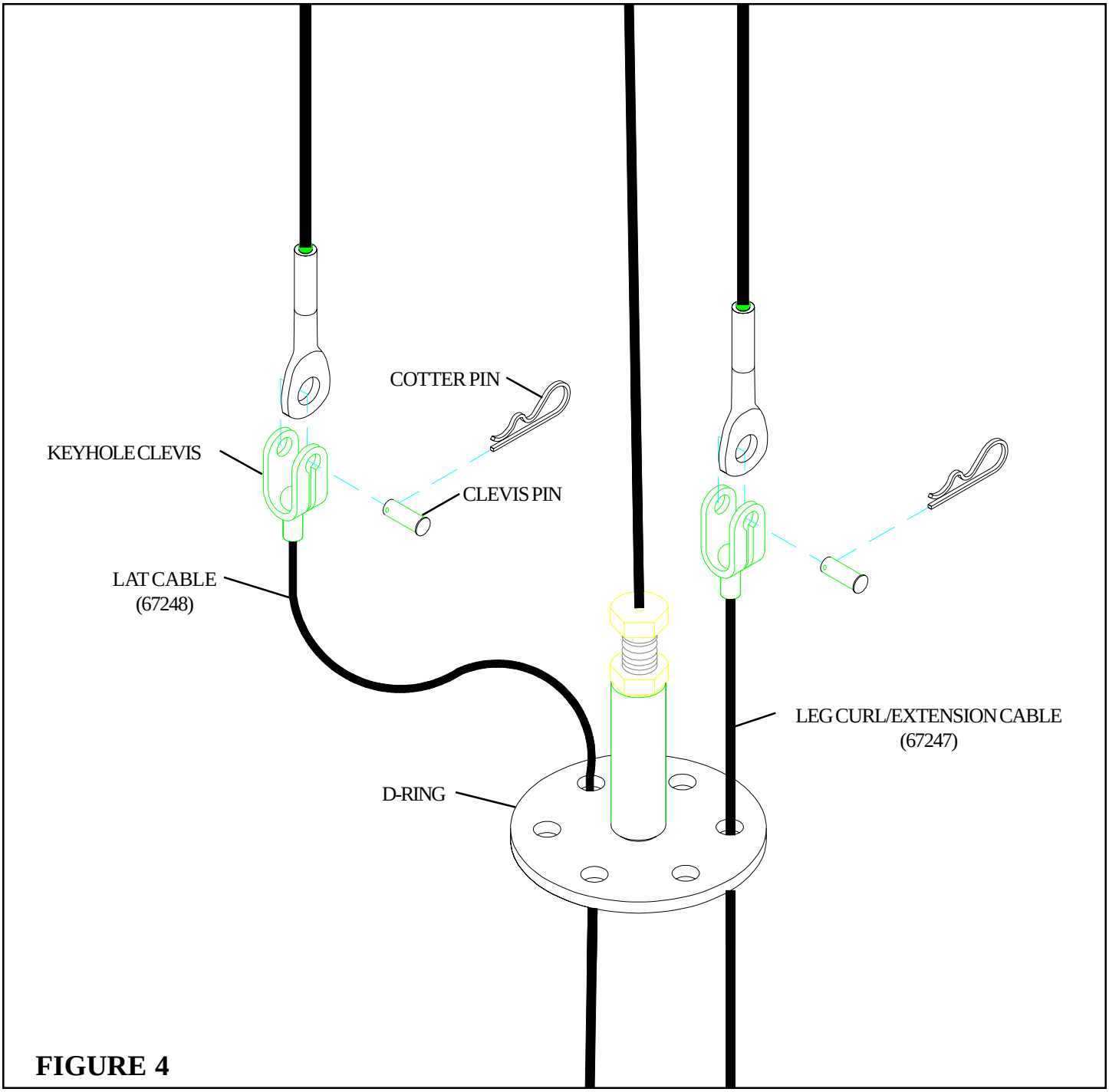


FIGURE 4

STEP 4

- **CAREFULLY** remove the TENSION CORDS by pulling the COTTER PIN and CLEVIS PIN from the KEYHOLE CLEVIS as shown in FIGURE 4.

- Please discard the previously removed PRESS TENSION CORDS, COTTER PINS and CLEVIS PINS.

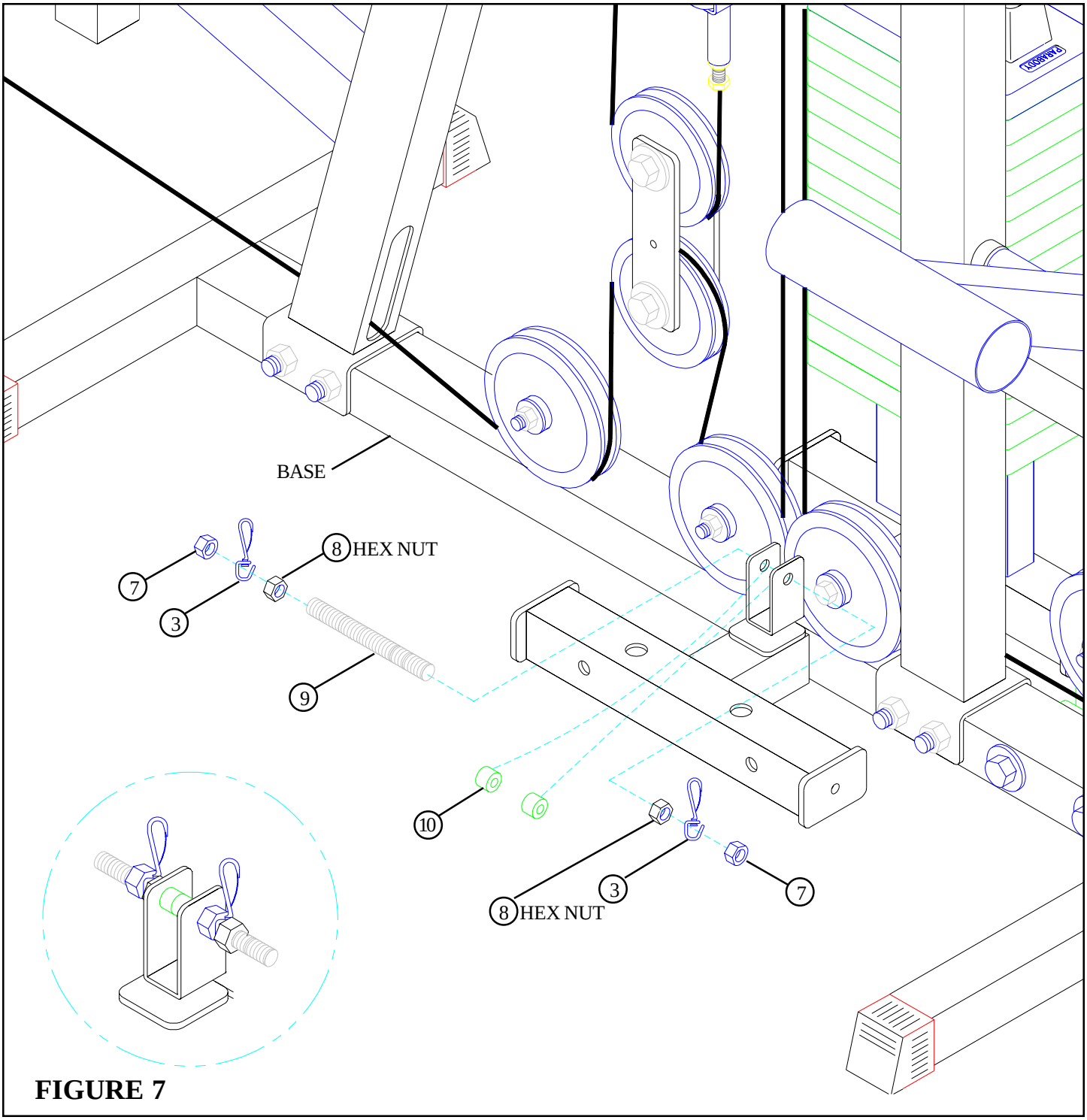


FIGURE 7

STEP 7

- Position two 3/8 X 1/2" SPACERS (2) inside the bracket on the BASE and slide one 3/8" THREADED SHAFT (9) through the bracket. See FIGURE 7.
- Assemble two 3/8" HEX NUTS (8), two SWIVEL SNAP (3), and two 3/8" LOCK NUTS (7) to the 3/8" THREADED SHAFT (9) as shown in FIGURE 7.

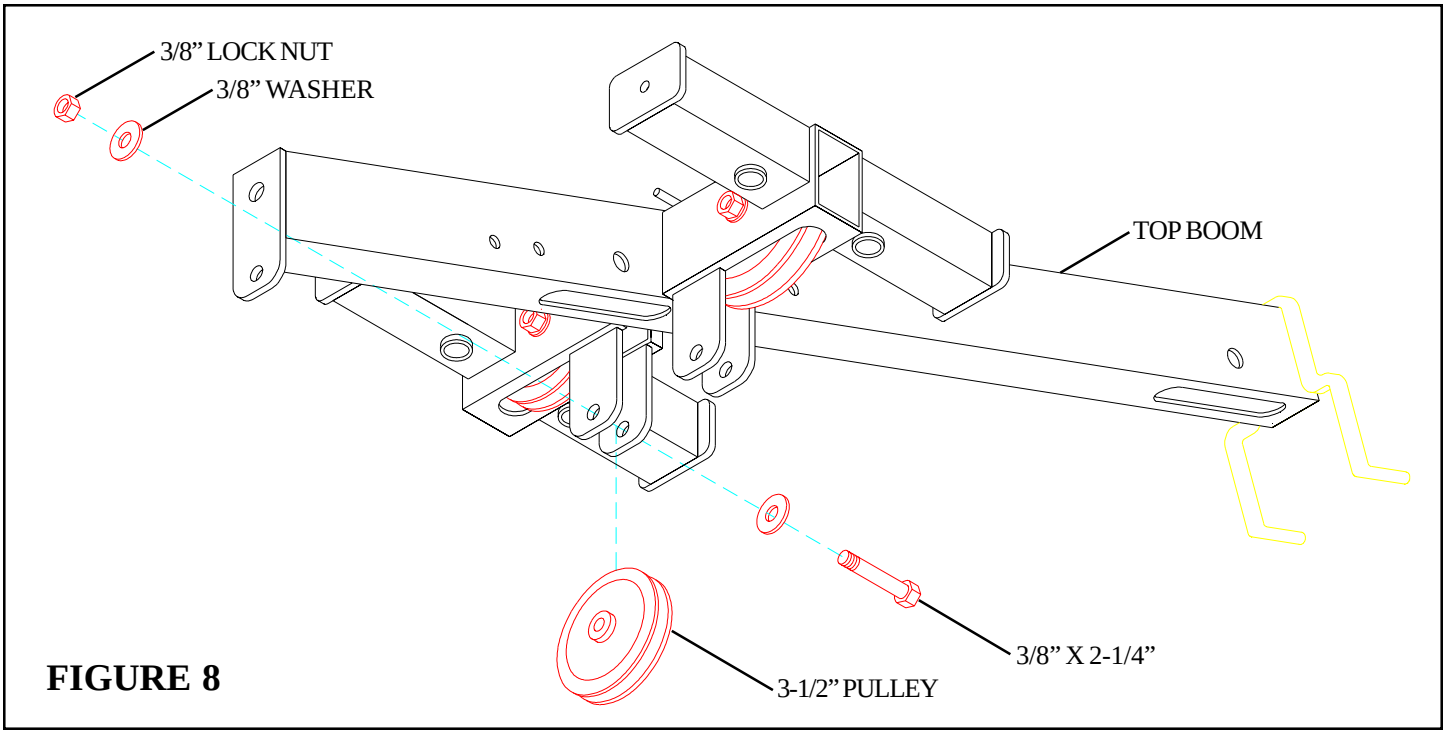


FIGURE 8

STEP 8

- Remove the 3/8 X 2-1/4” BOLT, two 3/8” WASHERS, one 3/8” LOCK NUT, and 3-1/2” PULLEY from the bracket on the TOP BOOM as shown in FIGURE 8.

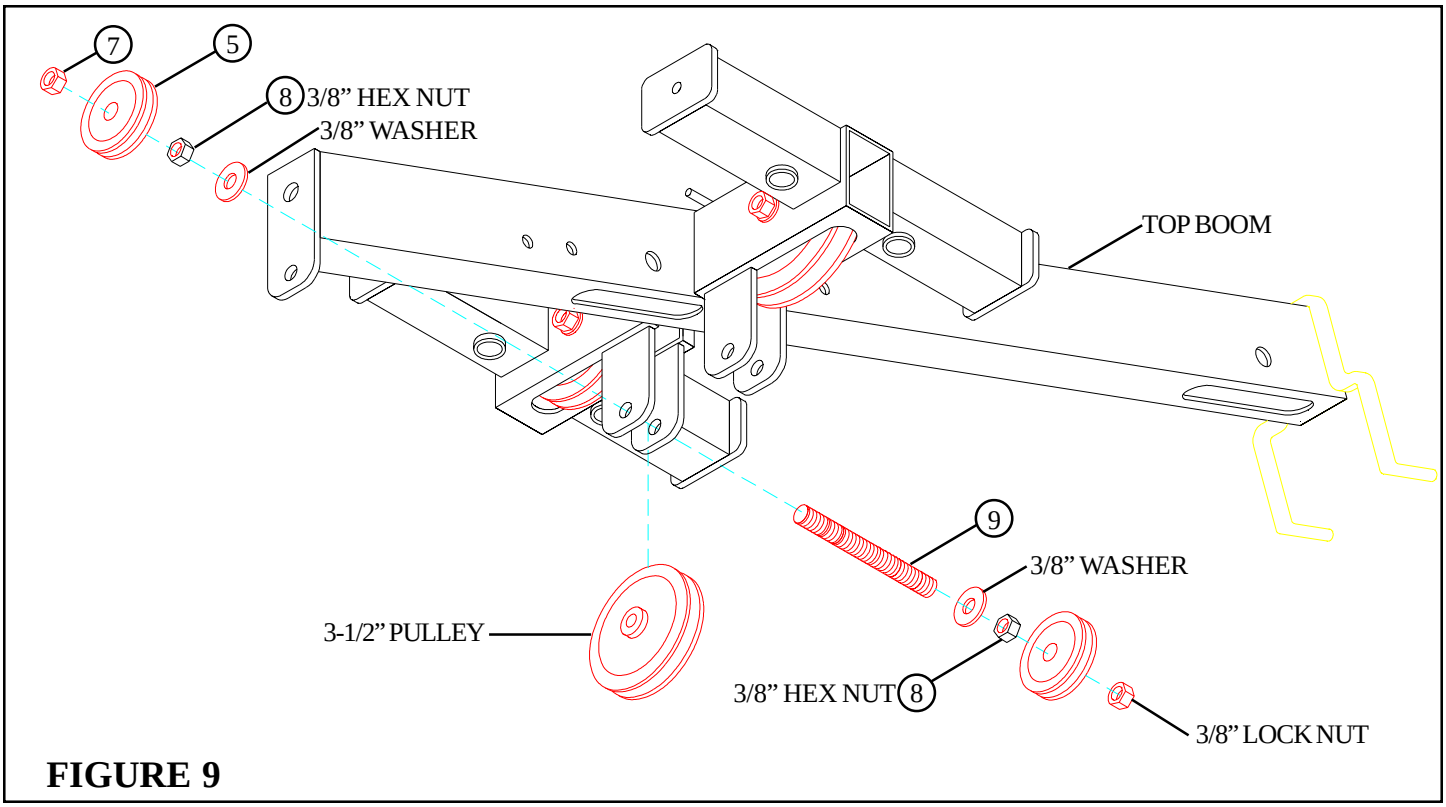


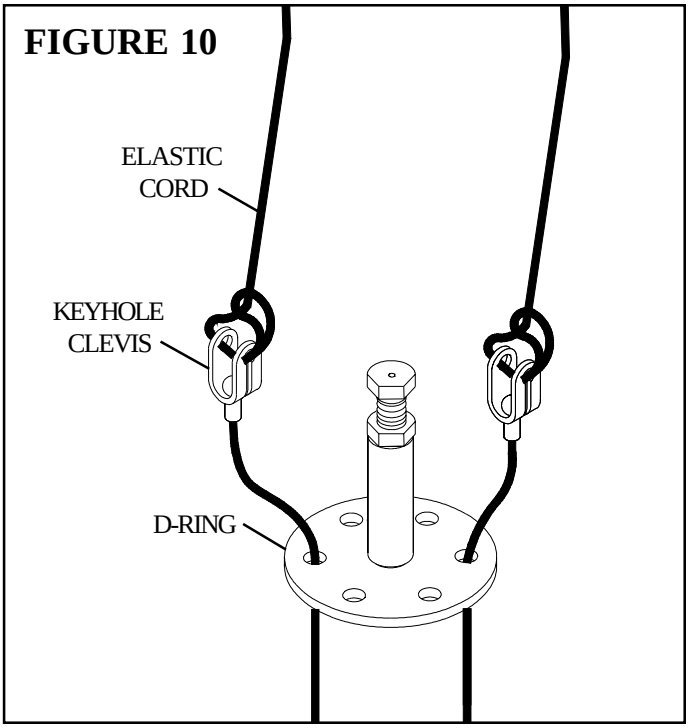
FIGURE 9

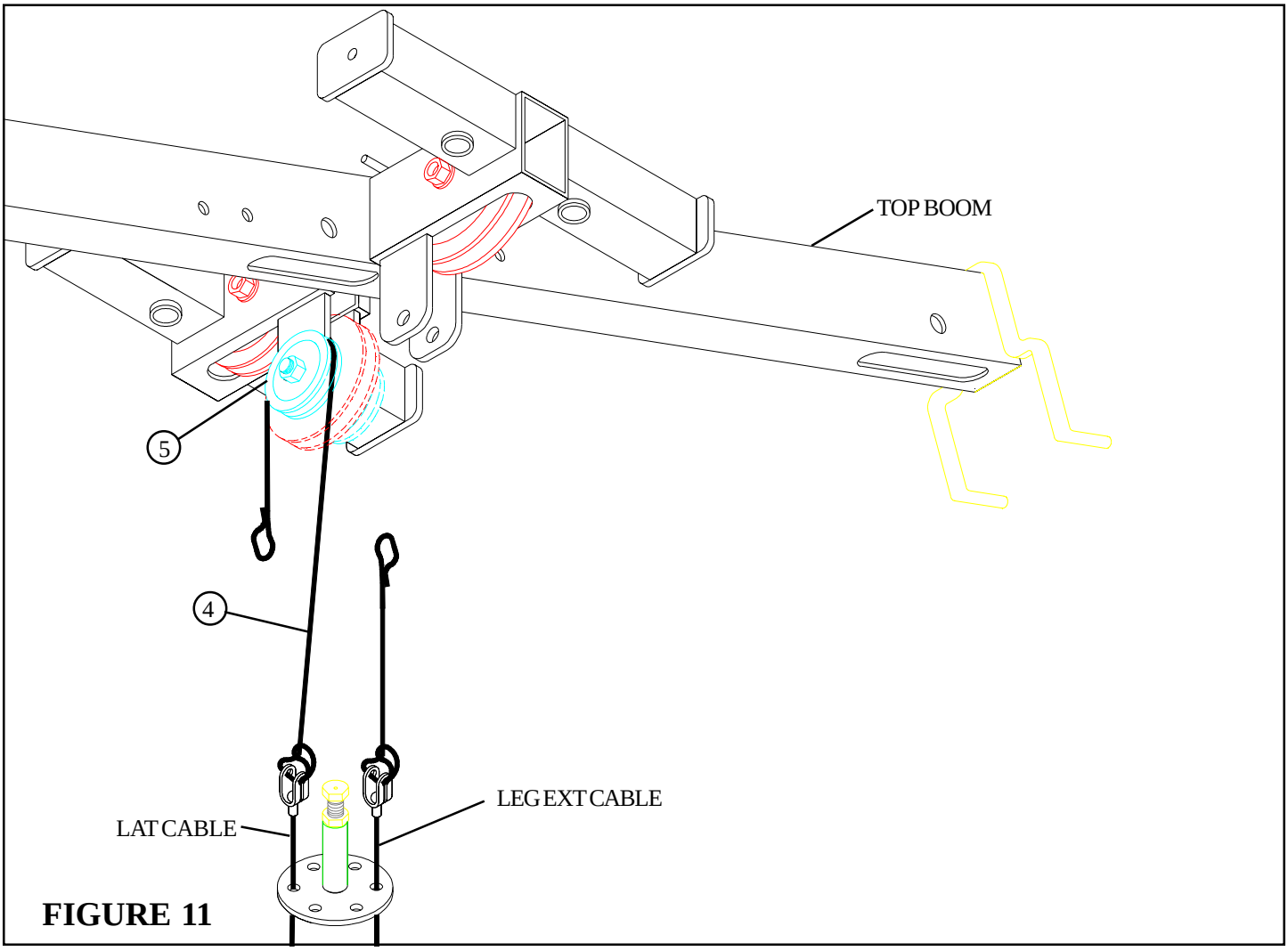
STEP 9

- **SECURELY** assemble the previously removed 3-1/2” PULLEY to the bracket on the TOP BOOM using one 3/8” THREADED SHAFT (9) , two previously removed 3/8” WASHERS, two 2” PULLEYS (5), two 3/8” HEX NUTS (8), one previously removed 3/8” LOCK NUT, and one 3/8” LOCK NUT (7). See FIGURE 9.

STEP 10

- Assemble two 72” ELASTIC CORDS to the KEYHOLE CLEVIS as shown in FIGURE 10. **(NOTE: The LAT or LEG CABLE can be moved over one hole on the D-RING so the KEYHOLE CLEVIS are evenly spaced as shown in FIGURE 10.)**





STEP 11

- Assemble the 72” ELASTIC CORD (4) from the LAT CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 11.

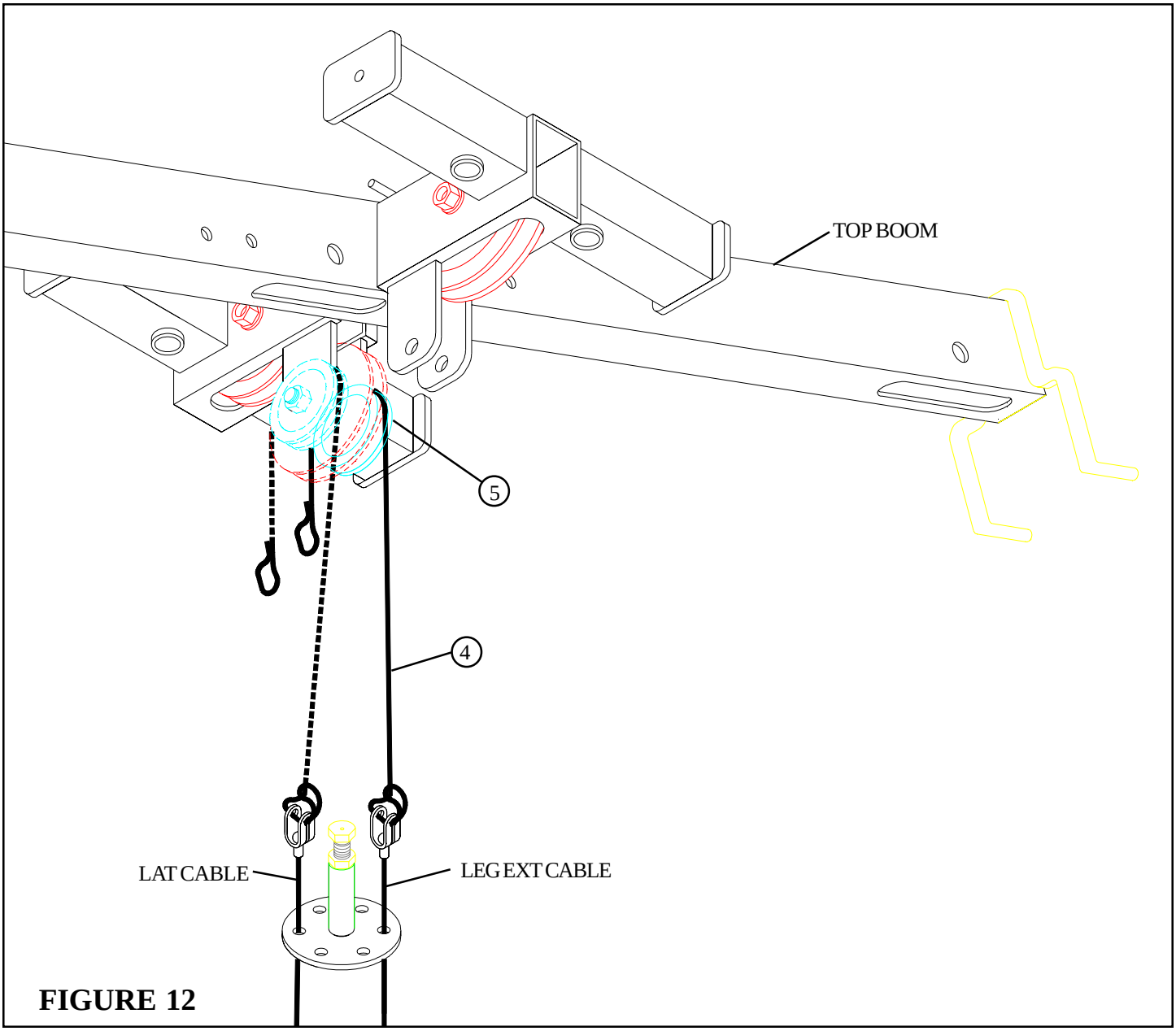


FIGURE 12

STEP 12

- Assemble the 72” ELASTIC CORD (4) from the LEG EXT CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 12.

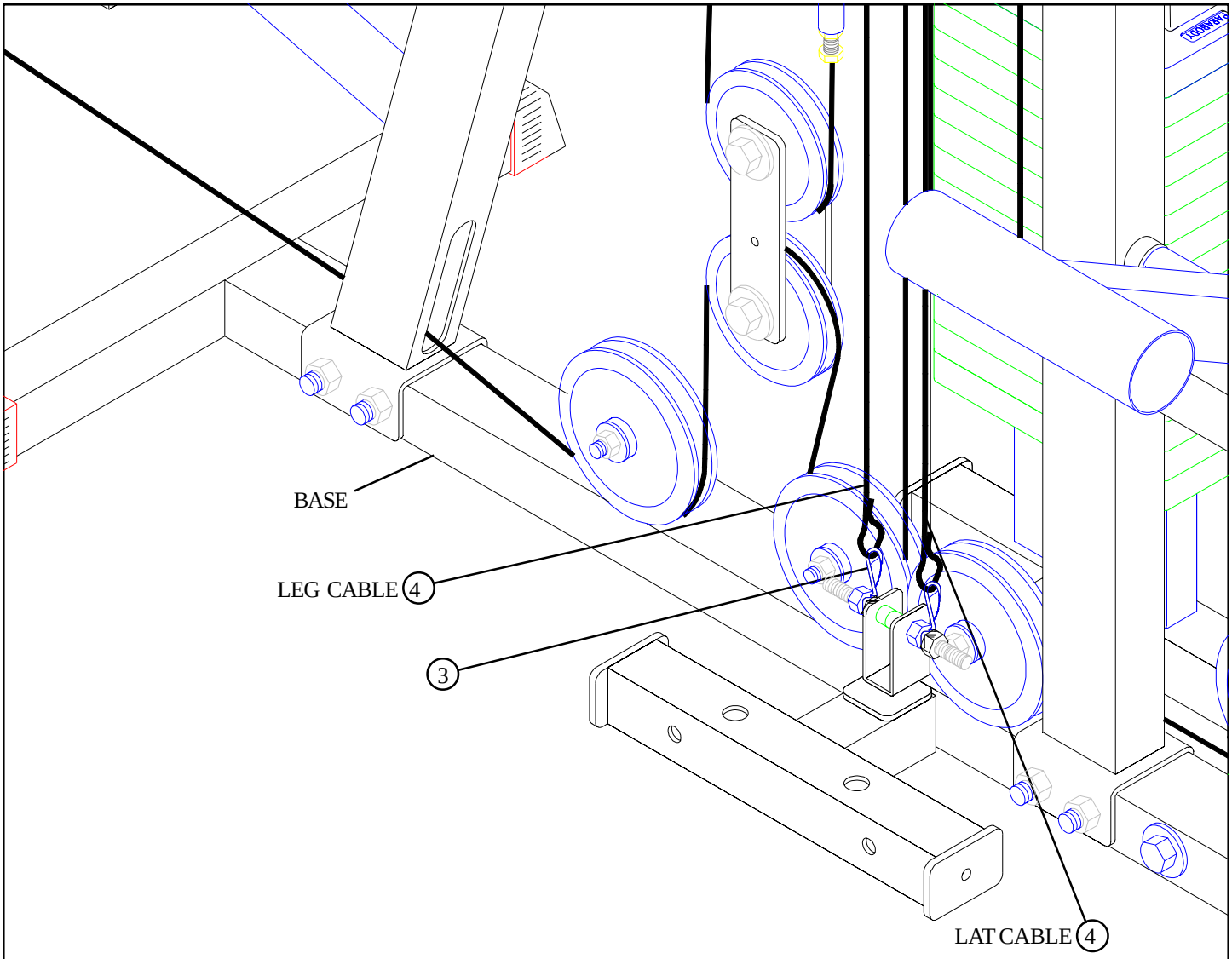
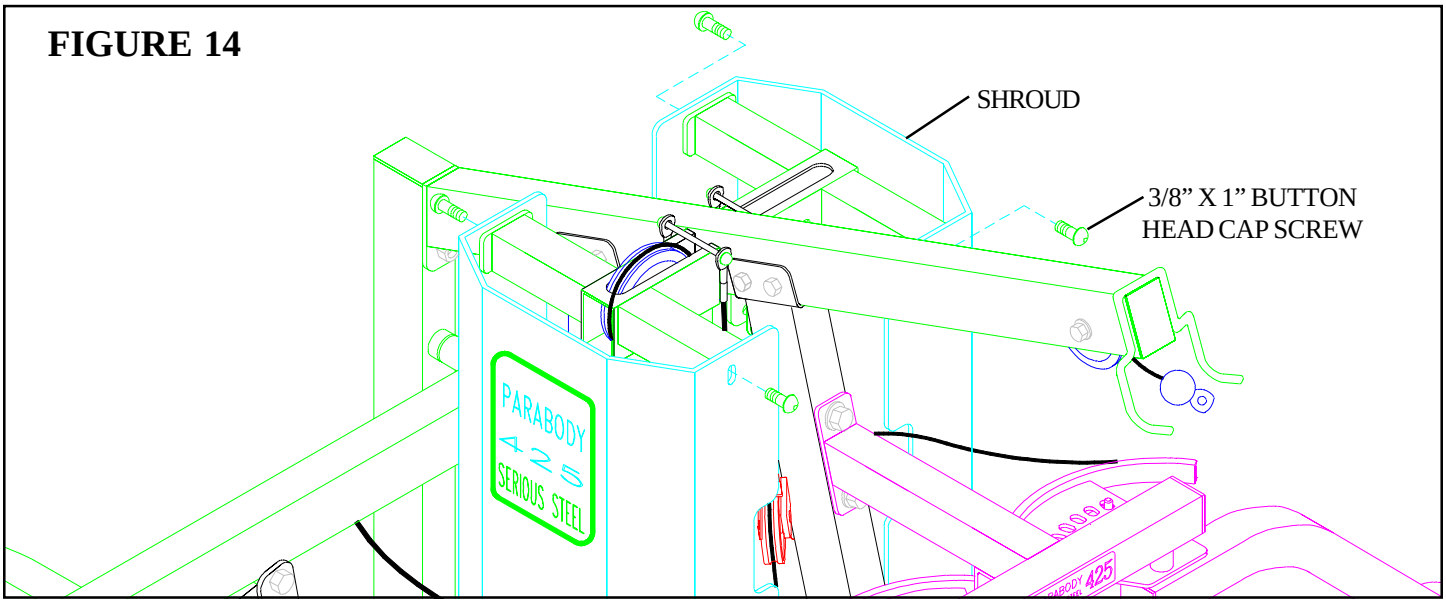


FIGURE 13

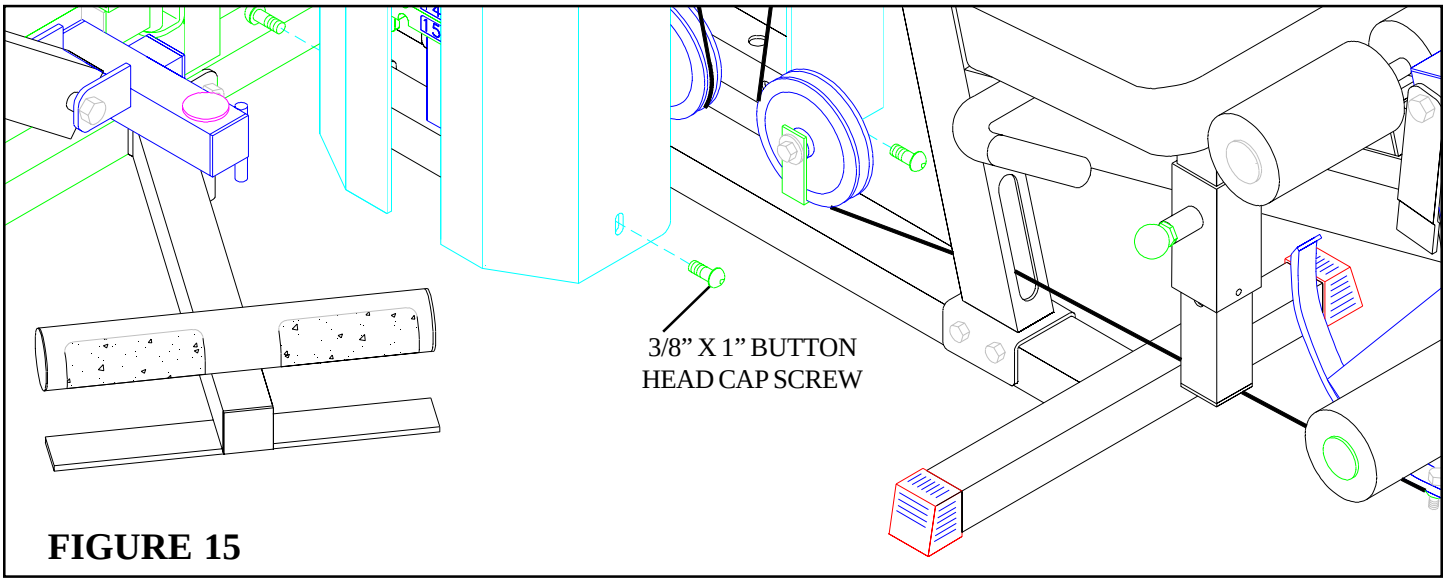
STEP 13

- Assemble the ELASTIC CORDS (4) from the LAT & LEG EXT CABLES to the corresponding SWIVEL SNAPS (3) on the BASE as shown in FIGURE 13.



STEP 14

- **SECURELY** attach the top of the front SHROUD (with label) & rear SHROUD to the TOP BOOM using the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS. See FIGURE 14.



STEP 15

- **SECURELY** attach the bottom of the front SHROUD (with label) & rear SHROUD to the TOP BOOM using the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS. See FIGURE 15.

The installation of the 426103 Elastic Cord Conversion Kit is complete. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

425103 with 832 LEG PRESS OPTION & 445 WEIGHT STACK OPTION INSTALLED

- **If the 832 LEG PRESS OPTION IS INSTALLED PROCEED TO PAGE 14.**
- **If the 445 WEIGHT STACK OPTION IS INSTALLED PROCEED TO PAGE 27.**

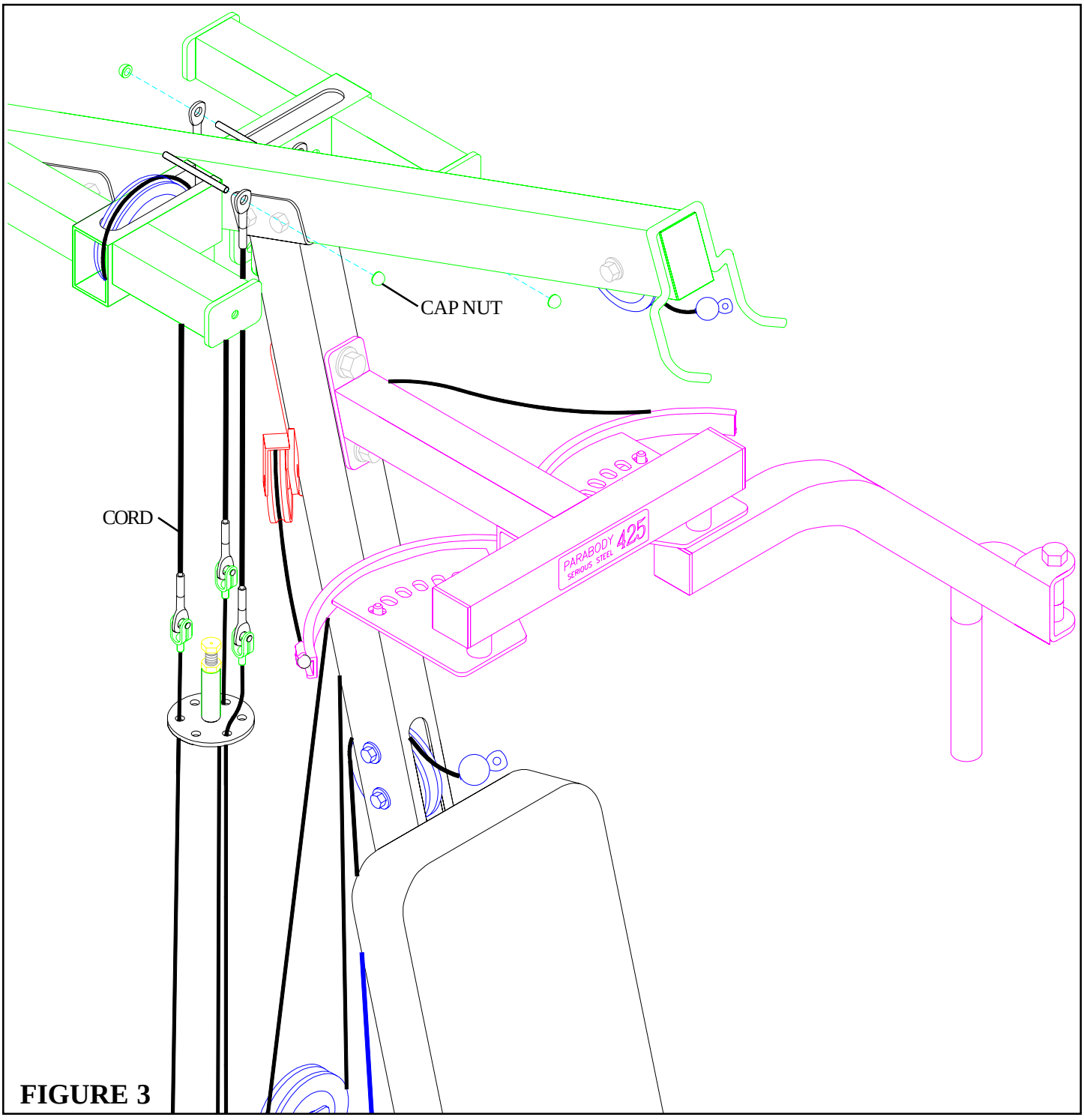


FIGURE 3

STEP 3

- Remove the 1/4" CAP NUTS and each TENSION CORD from the TOP BOOM as shown in FIGURE 3.

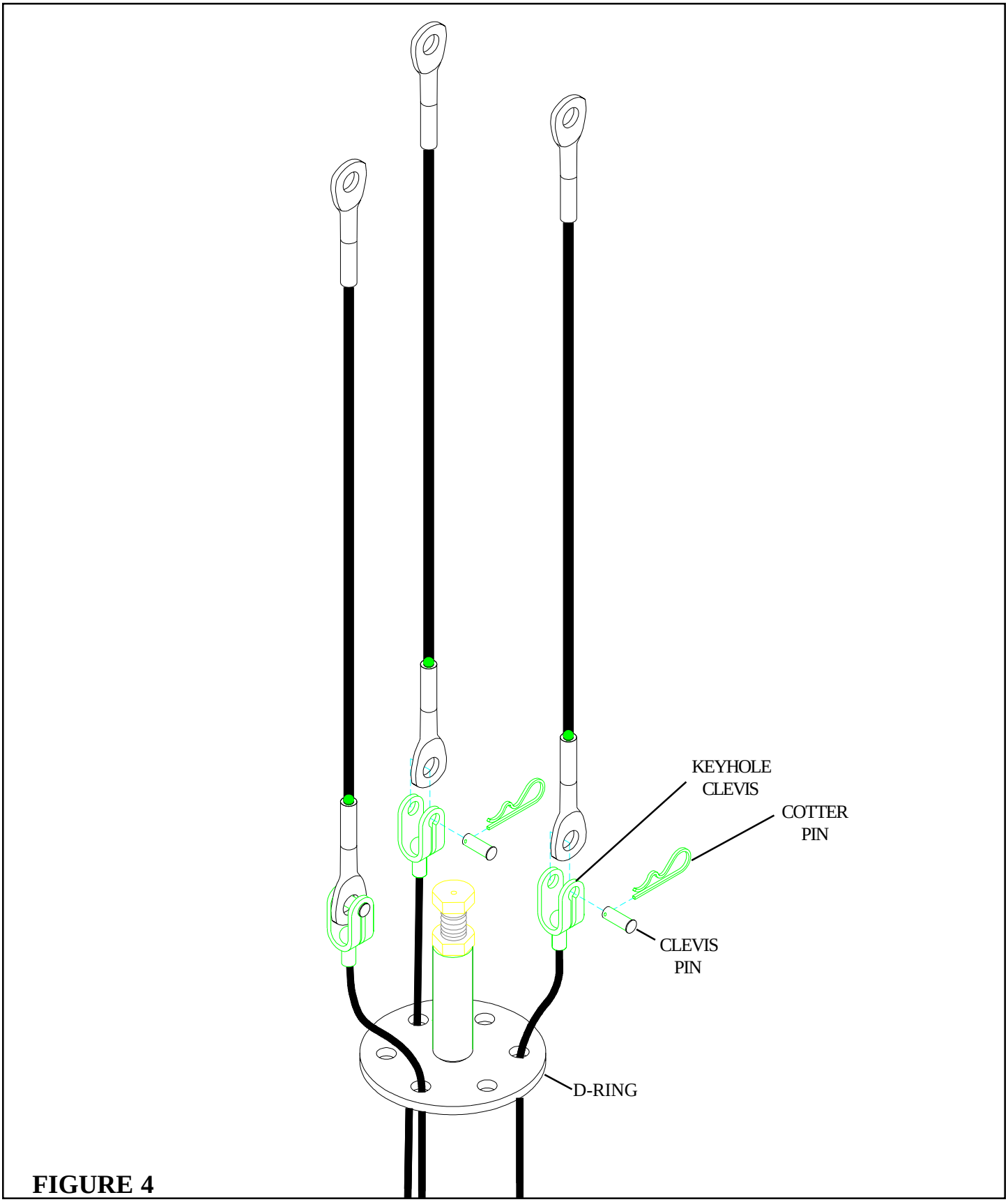


FIGURE 4

STEP 4

- Remove the TENSION CORDS, CLEVIS PINS and COTTER PINS as shown in FIGURE 4.

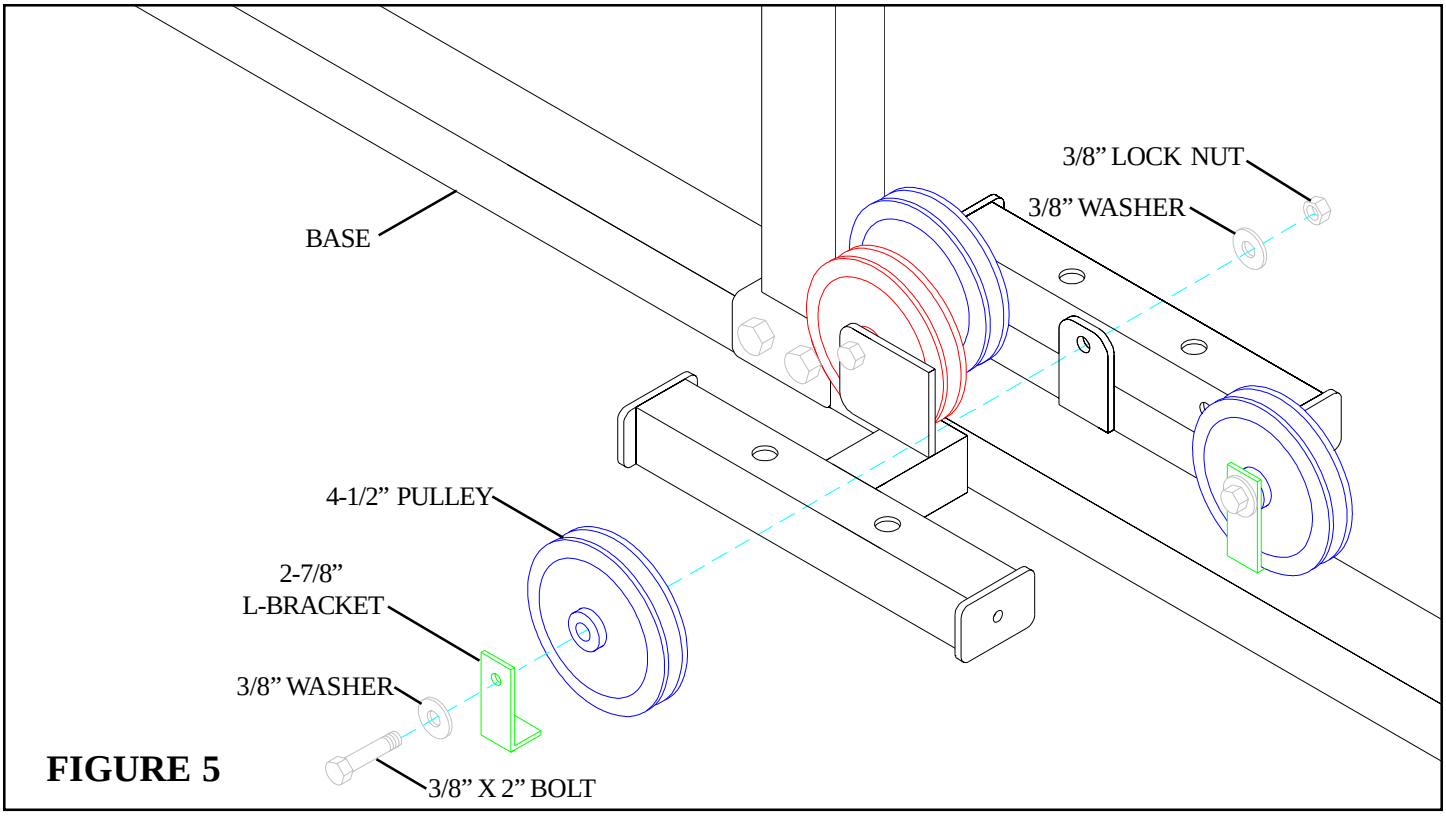


FIGURE 5

STEP 5

- Remove two 3/8 X 2” BOLTS, four 3/8” WASHERS, two 2-7/8” L-BRACKETS, two 4-1/2” PULLEYS, and two 3/8” LOCK NUTS from the upper flats on the BASE as shown in FIGURE 5.

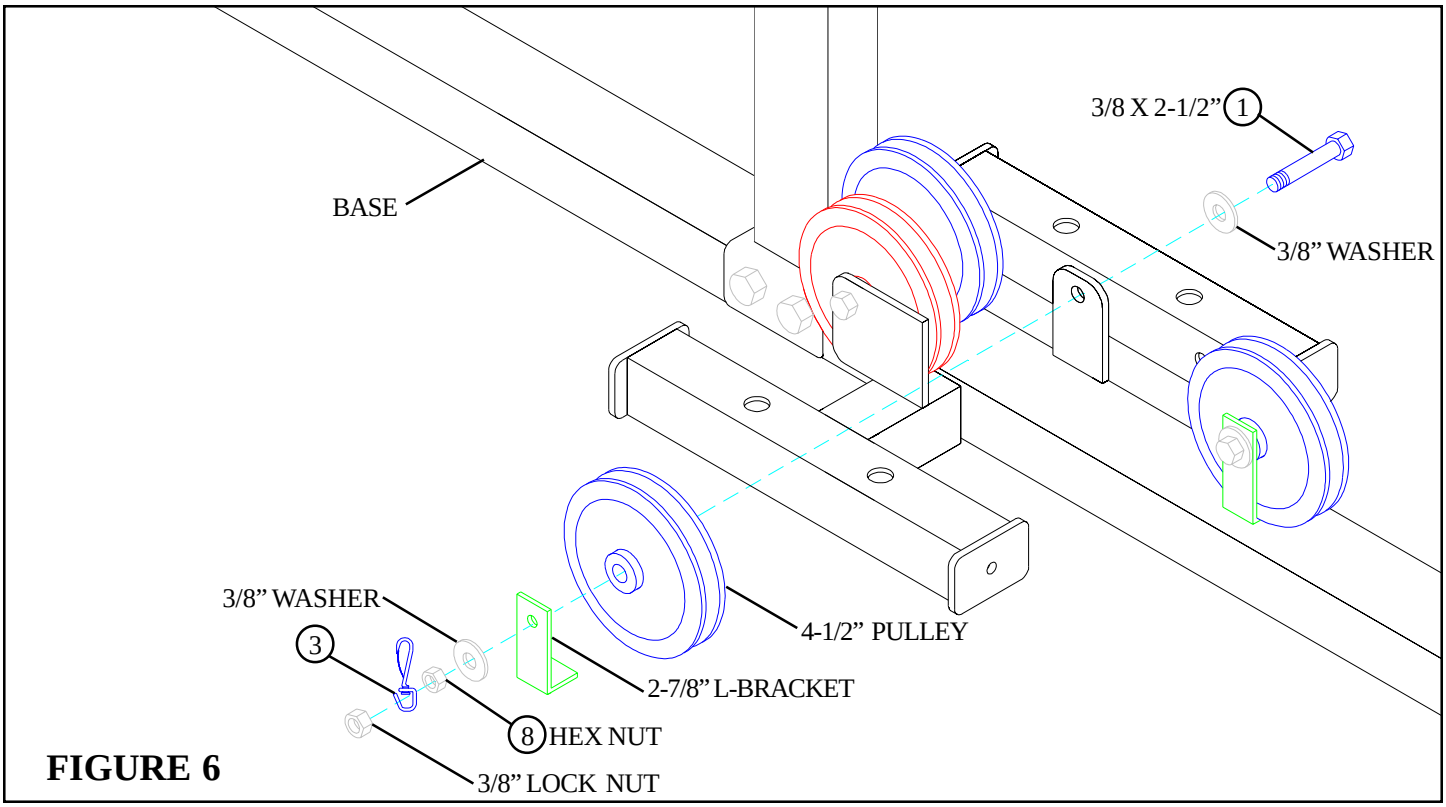


FIGURE 6

STEP 6

- **SECURELY** assemble the previously removed 4-1/2” PULLEYS to the BASE using two 3/8 X 2-1/2” BOLTS (1), four previously removed 3/8” WASHERS, two previously removed 2-7/8” L-BRACKETS, two SWIVEL SNAPS (3), two 3/8” HEX NUTS (8), and two previously removed 3/8” LOCK NUTS. See FIGURE 6.

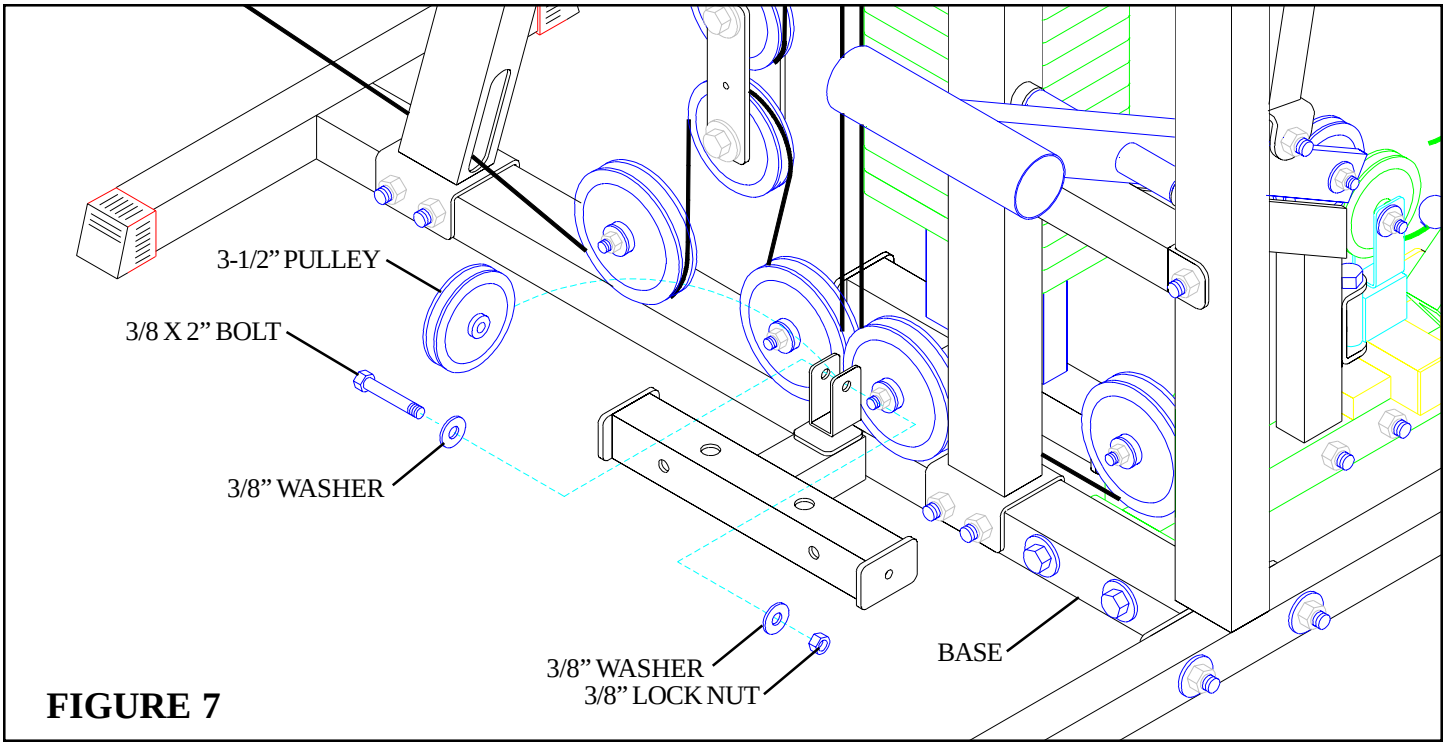


FIGURE 7

STEP 7

- Remove one 3-1/2" PULLEY, one 3/8 X 2" BOLT, two 3/8" WASHERS and one 3/8" LOCK NUT from the BASE as shown in FIGURE 7.

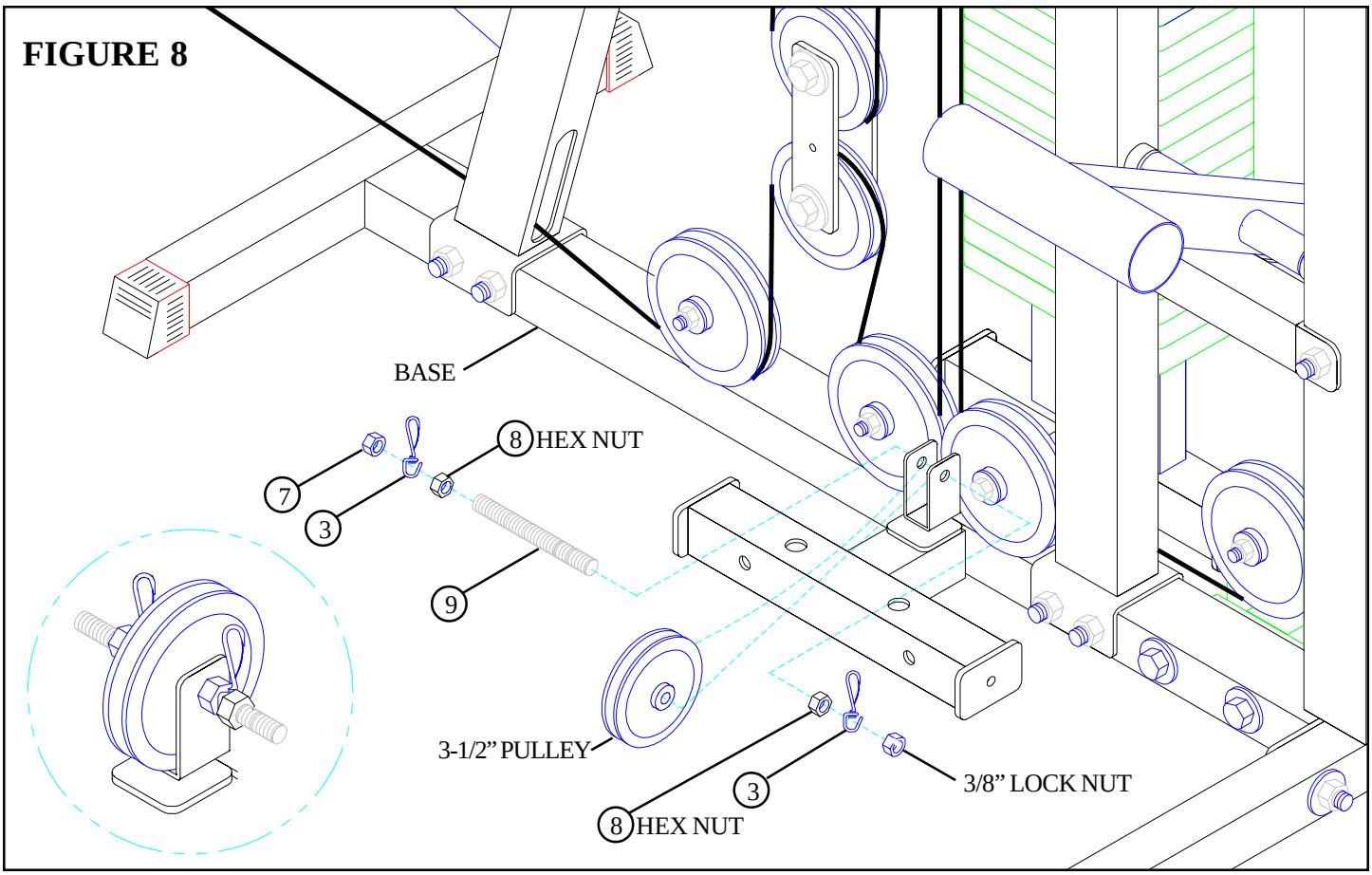


FIGURE 8

STEP 8

- Assemble two 3/8" HEX NUTS (8), two SWIVEL SNAP (3), one previously removed 3-1/2" PULLEY, one previously removed 3/8" LOCK NUT, and one 3/8" LOCK NUT (7) to the 3/8" THREADED SHAFT (9) as shown in FIGURE 8.

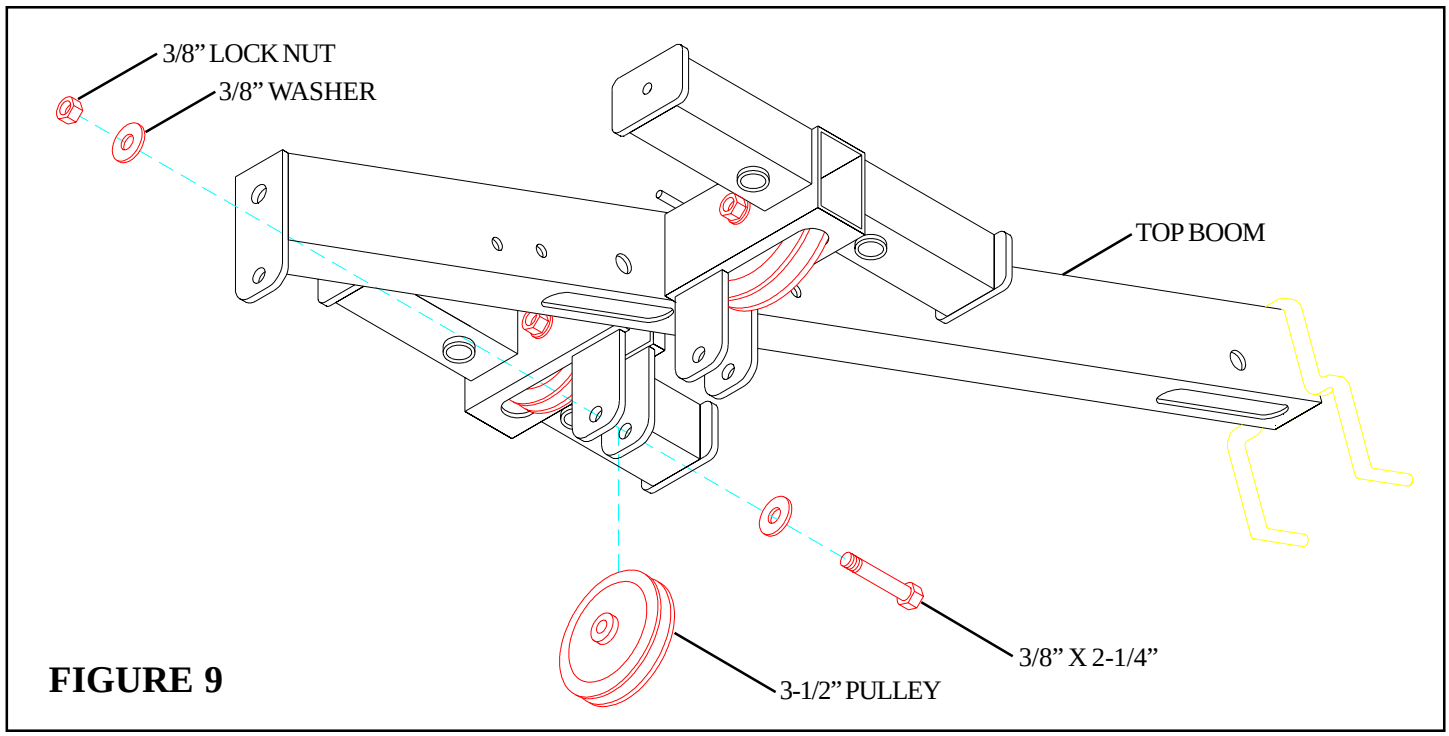


FIGURE 9

STEP 9

- Remove the 3/8 X 2-1/4” BOLT, two 3/8” WASHERS, one 3/8” LOCK NUT, and 3-1/2” PULLEY from the bracket on the TOP BOOM as shown in FIGURE 9.

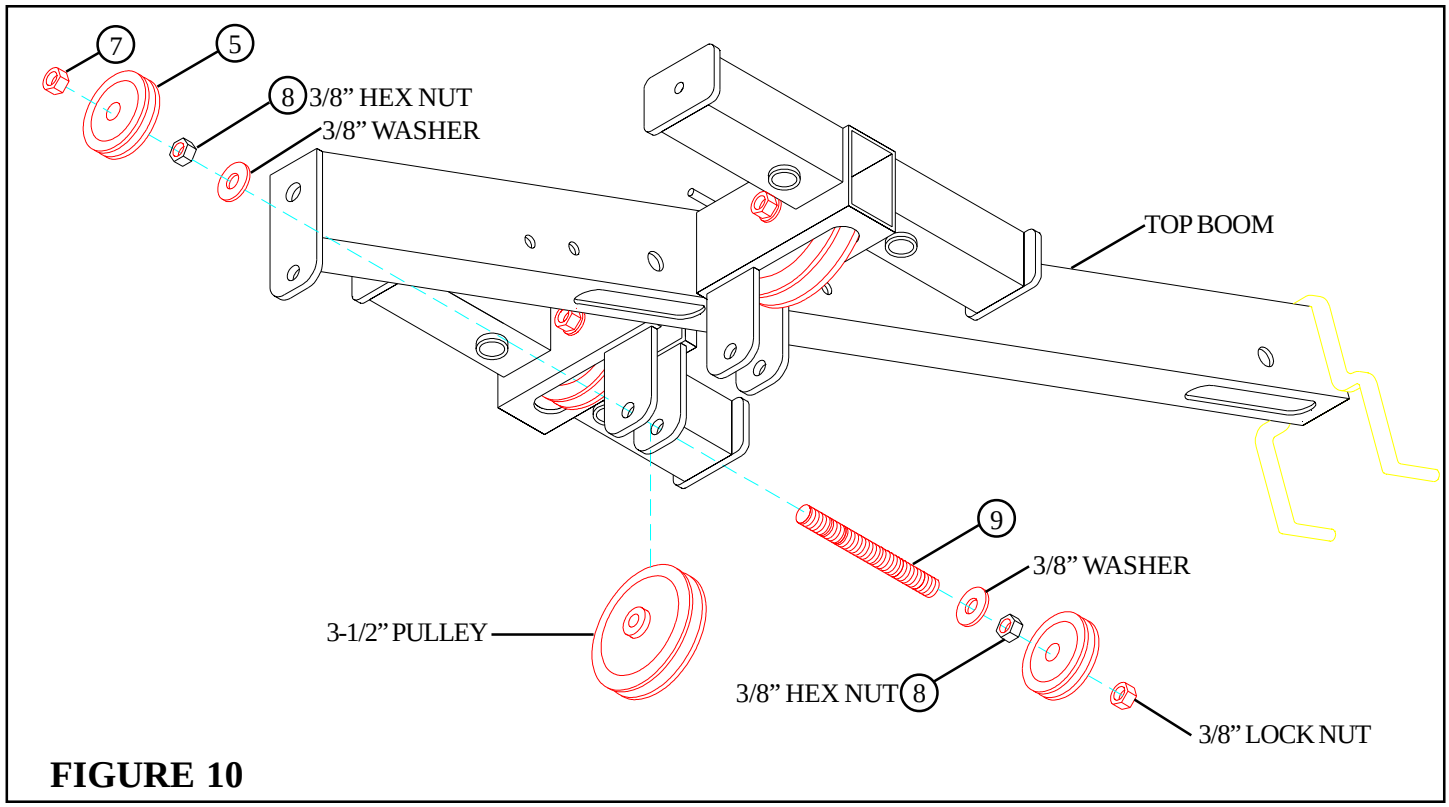


FIGURE 10

STEP 10

- **SECURELY** assemble the previously removed 3-1/2” PULLEY to the bracket on the TOP BOOM using one 3/8” THREADED SHAFT (9) , two previously removed 3/8” WASHERS, two 2” PULLEYS (5), two 3/8” HEX NUTS (8), one previously removed 3/8” LOCK NUT, and one 3/8” LOCK NUT (7). See FIGURE 10.

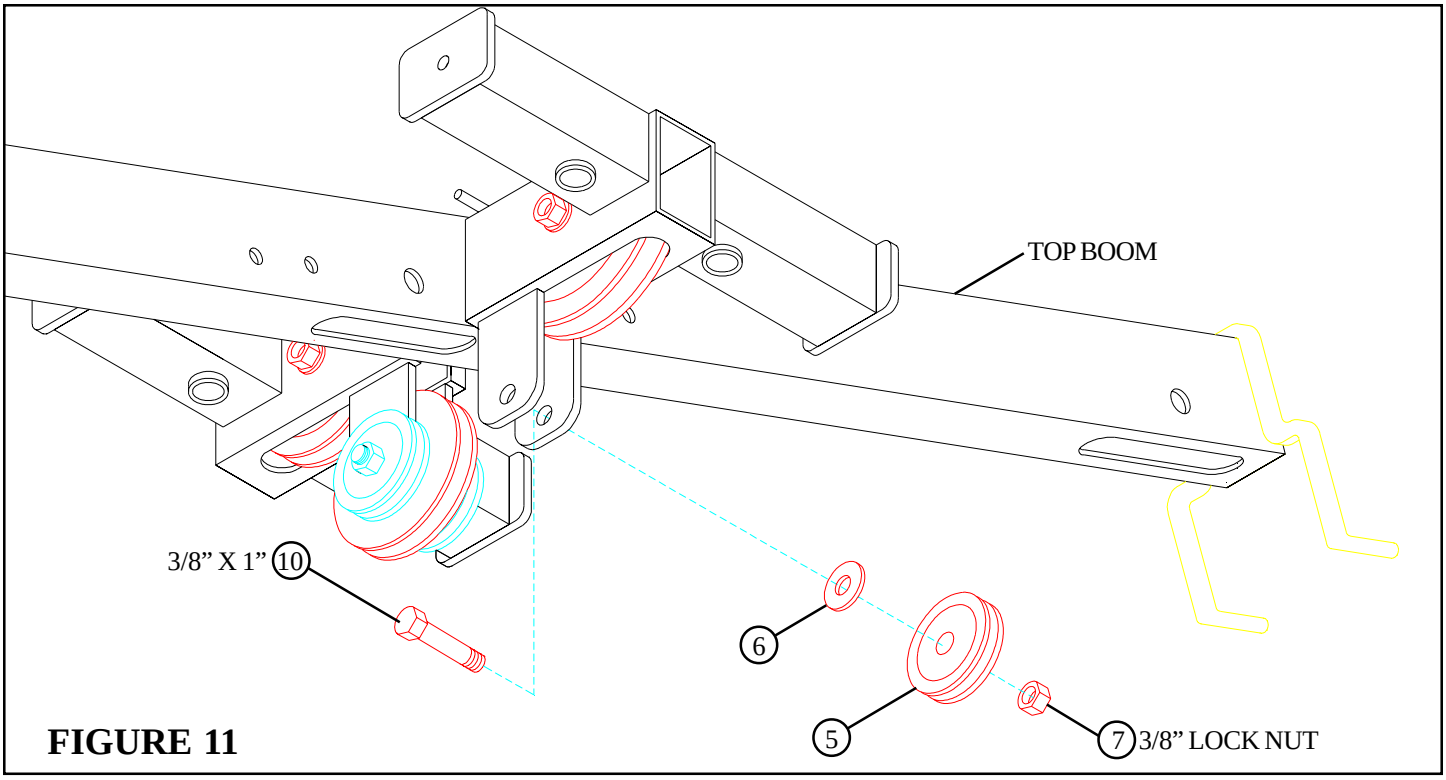


FIGURE 11

STEP 11

- **SECURELY** assemble one 3/8 X 1" BOLT (10), one 3/8" WASHER (6), one 2" PULLEY (5) and one 3/8" LOCK NUT (7) to the bracket on the TOP BOOM as shown in FIGURE 11.

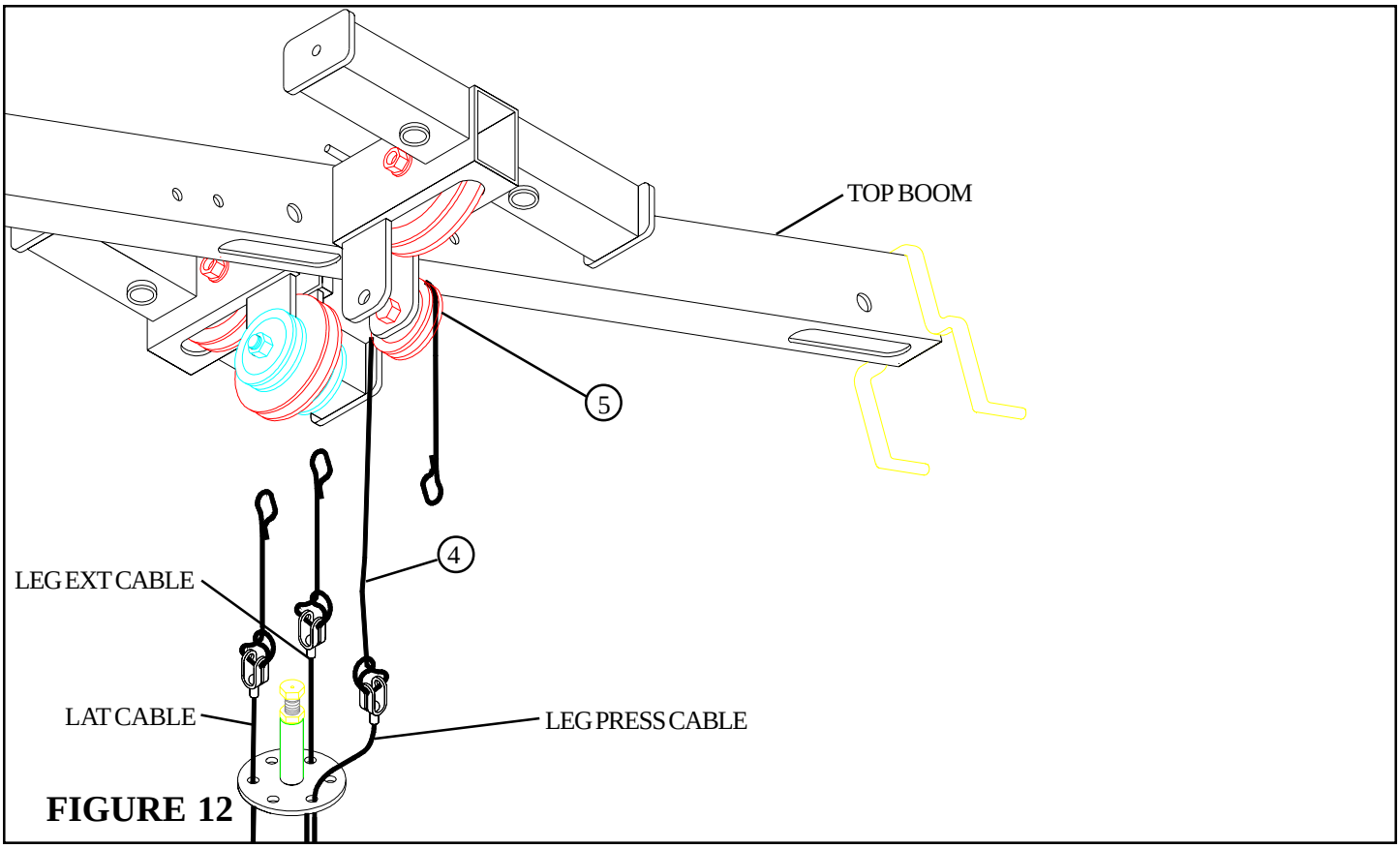


FIGURE 12

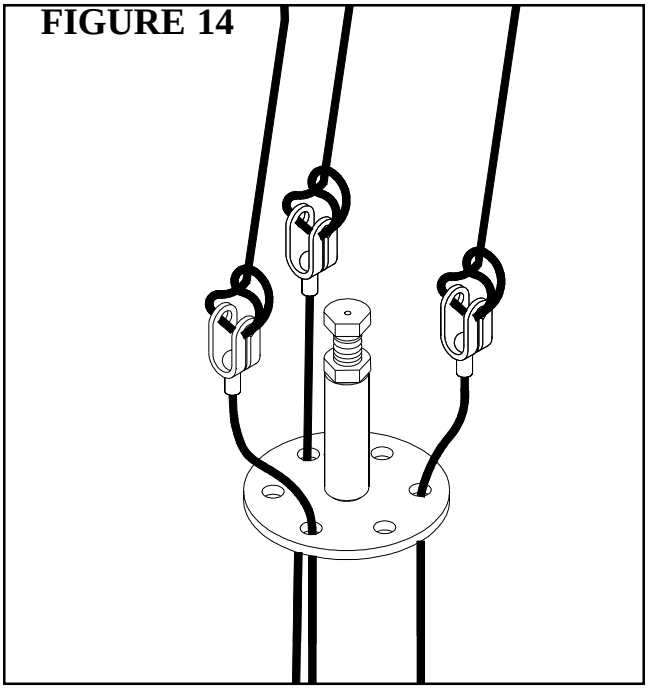
STEP 12

- Assemble the 72" ELASTIC CORD (4) from the LEG PRESS CABLE around the 2" PULLEY (5) in the TOP BOOM as shown in FIGURE 12.

STEP 14

- Assemble three 72” ELASTIC CORDS to the KEYHOLE CLEVIS as shown in FIGURE 14.

FIGURE 14



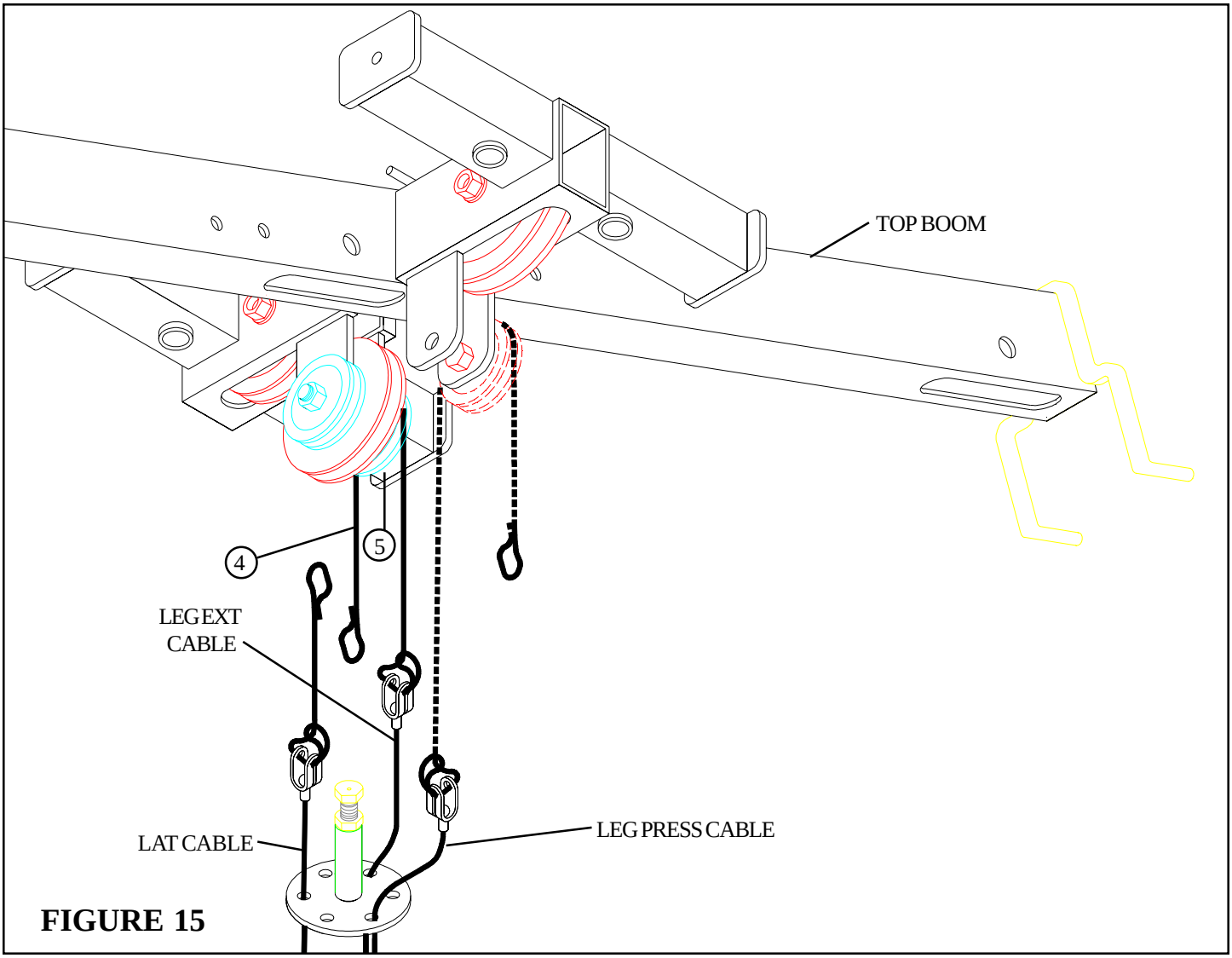


FIGURE 15

STEP 15

- Assemble the 22” ELASTIC CORD (4) from the LEG EXT CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 15.

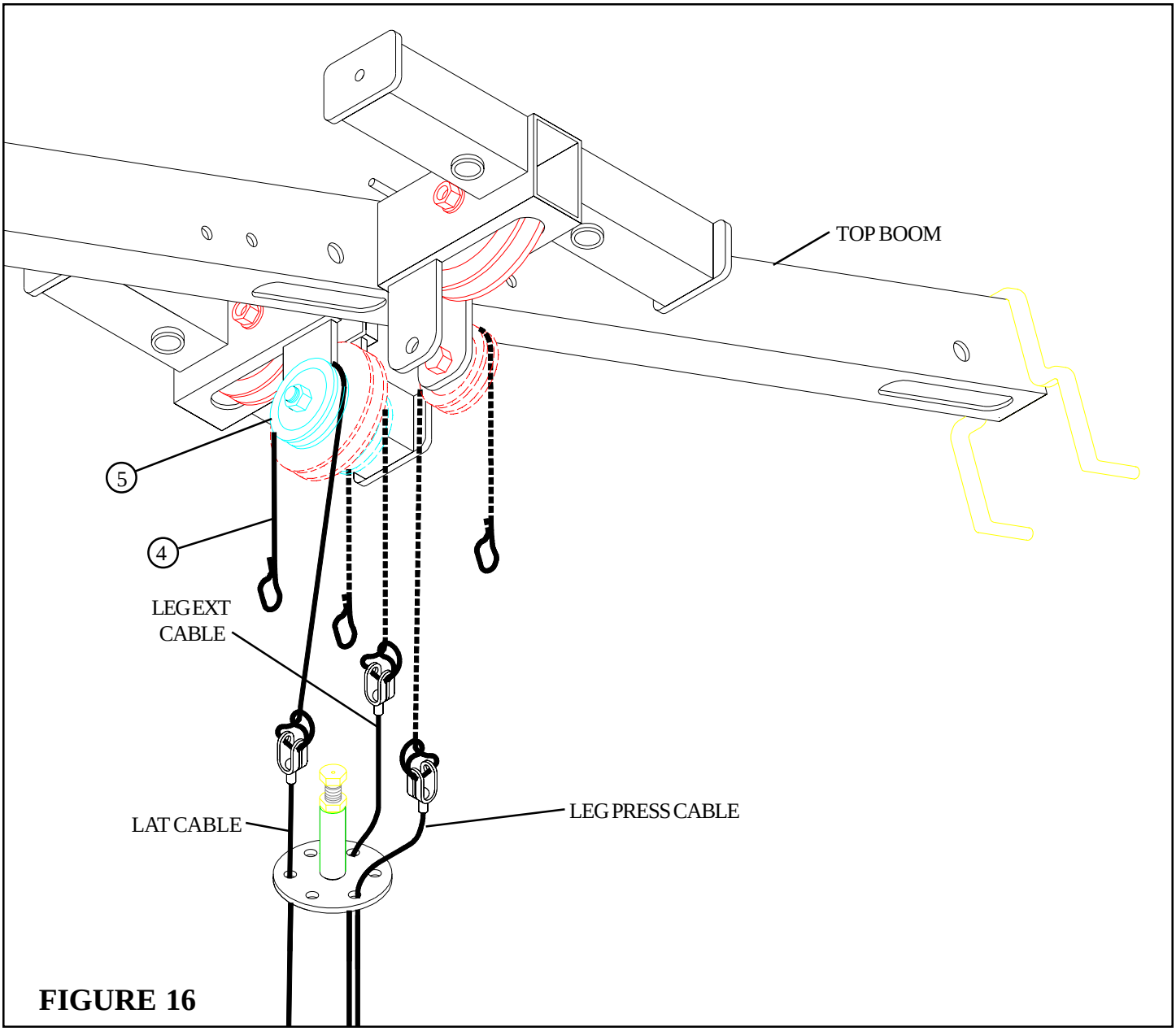


FIGURE 16

STEP 16

- Assemble the 72” ELASTIC CORD (4) from the LAT CABLE around the 2” PULLEY (5) in the TOP BOOM as shown in FIGURE 16.

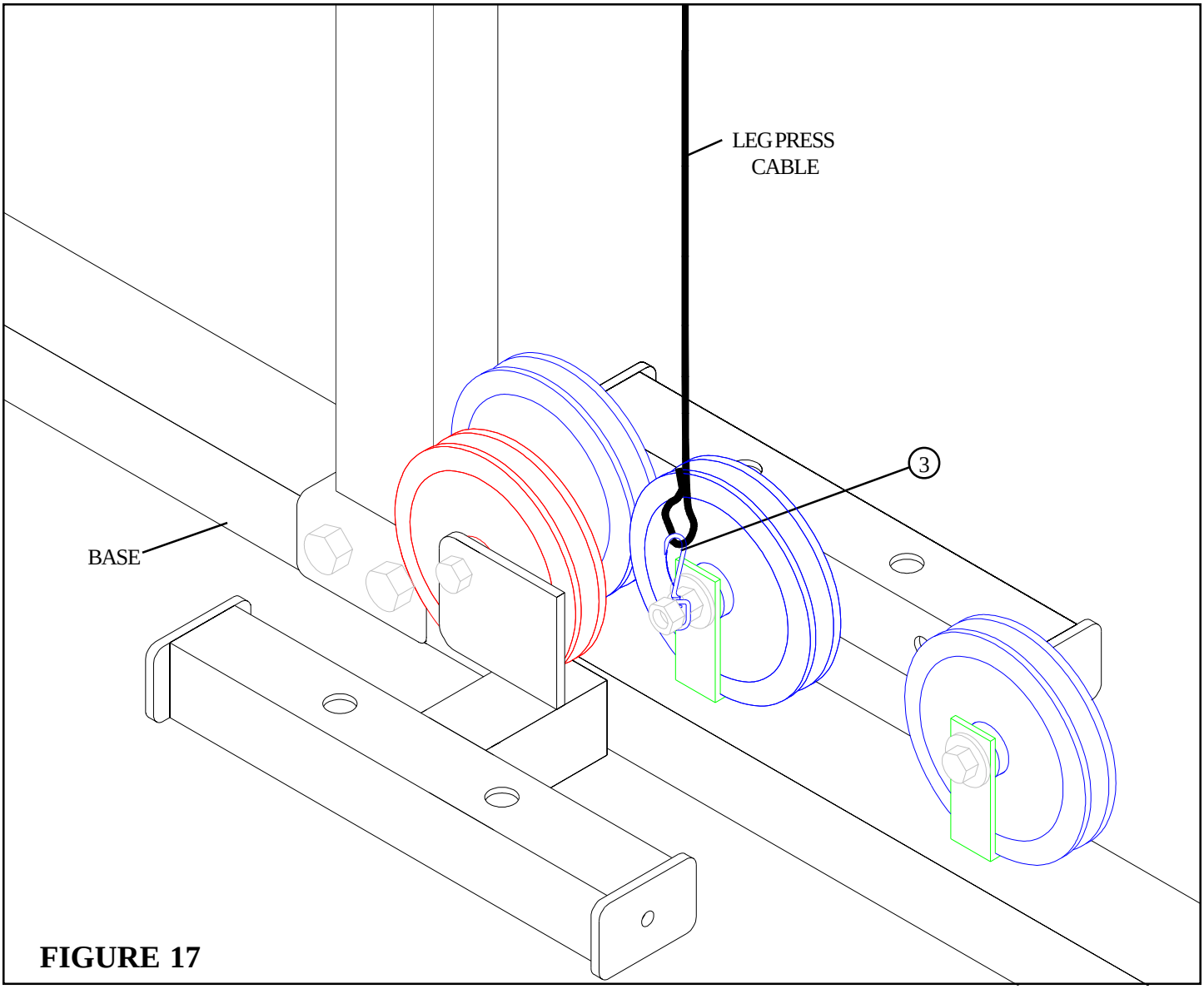


FIGURE 17

STEP 17

- Assemble the ELASTIC CORDS (4) from the PRESS CABLEand the LEG PRESS CABLE to the coresponding SWIVEL SNAPS (3) on the BASE as shown in FIGURE 17.

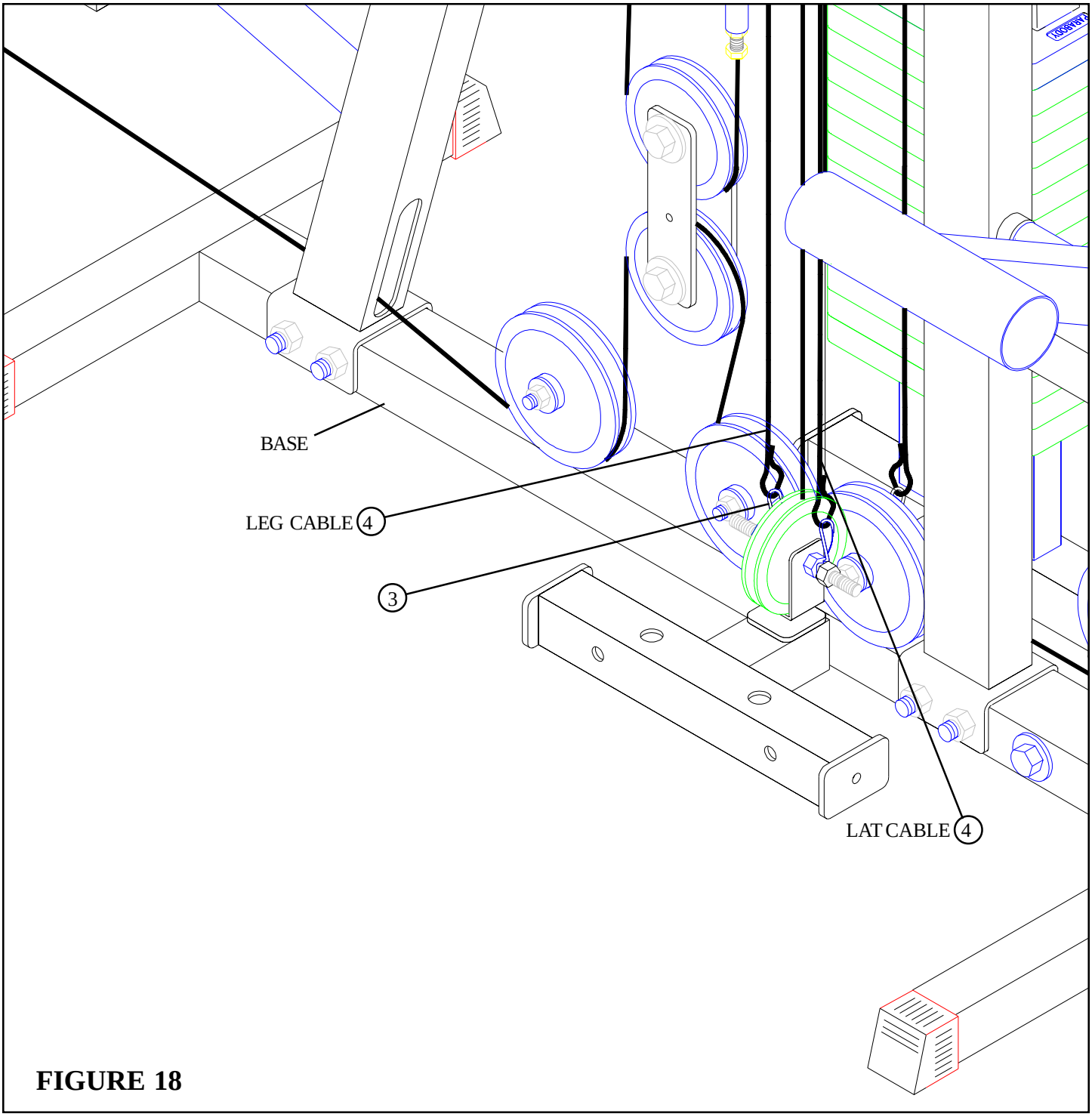
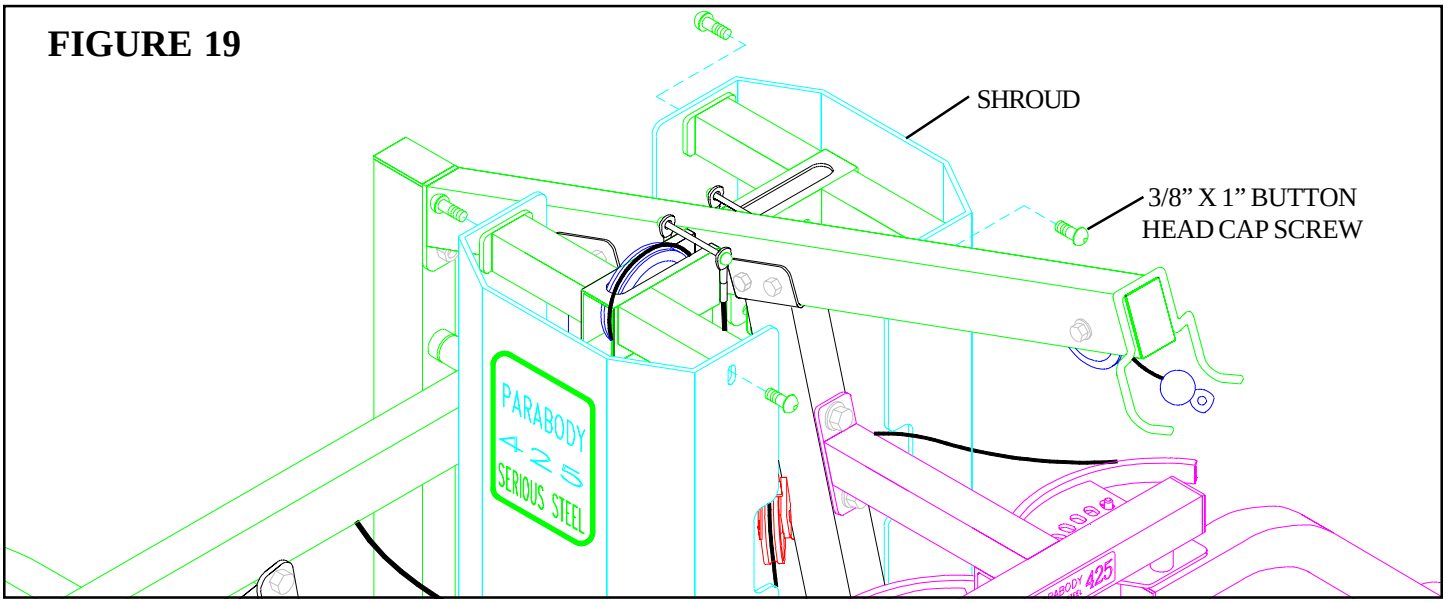


FIGURE 18

STEP 18

- Assemble the ELASTIC CORDS (4) from the LAT & LEG CABLES to the corresponding SWIVEL SNAPS (3) on the BASE as shown in FIGURE 18.

FIGURE 19



STEP 19

- **SECURELY** attach the top of the front SHROUD (with label) & rear SHROUD to the TOP BOOM using the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS. See FIGURE 19.

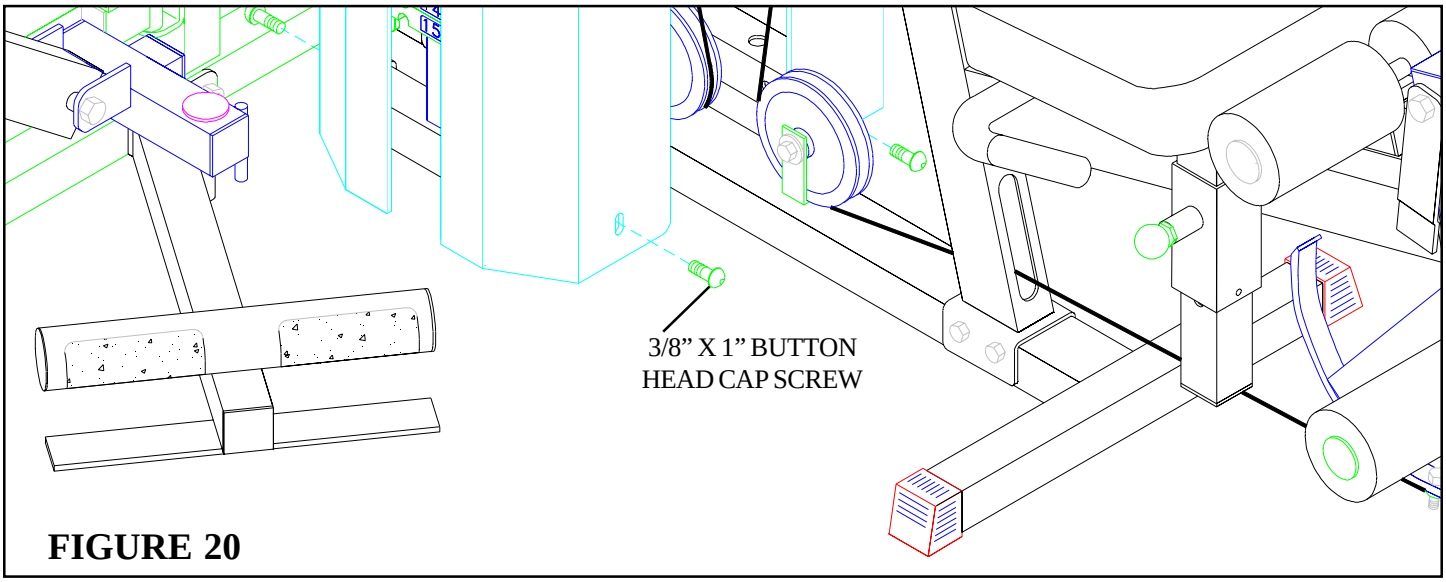


FIGURE 20

STEP 20

- **SECURELY** attach the bottom of the front SHROUD (with label) & rear SHROUD to the TOP BOOM using the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS. See FIGURE 20.

The installation of the 426103 Elastic Cord Conversion Kit is complete. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.